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May 2015 South Africa

Women's Health

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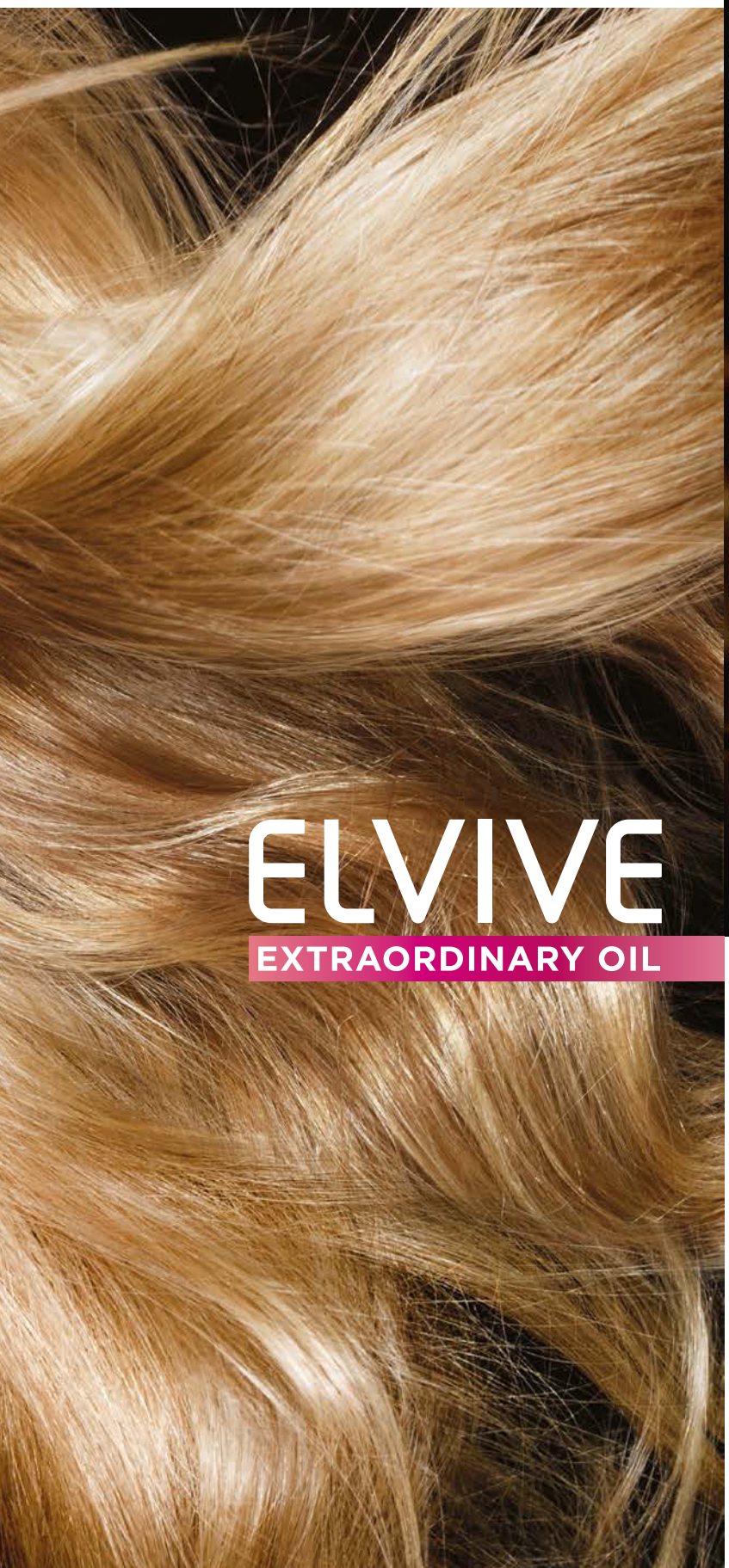
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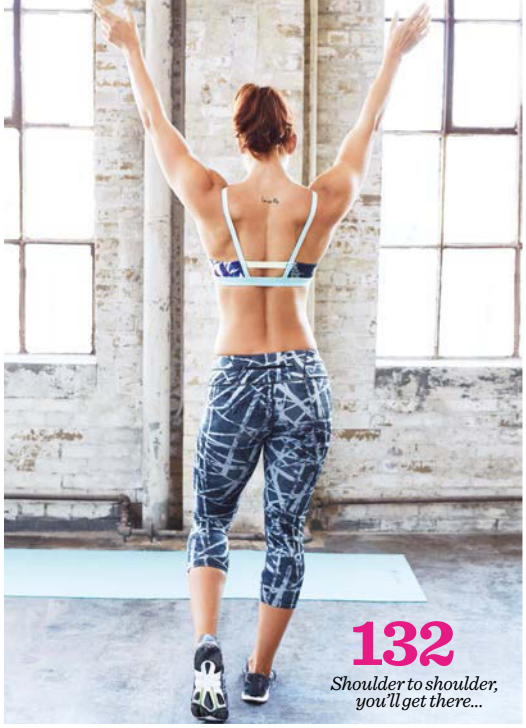
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CLOCKWISE FROM LEFT: MARCUS NILSSON; TERRY DOYLE; AARON RICHTER; SERGIEWPHOTOGRAPHY.COM



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YOU GOT SURVEYED

For as long as I've been reading *Women's Health* (long), I have loved poring over the results of the annual sex survey. It's become something of a thing for my husband and me. I normally shriek things like: "Ha! I knew it!" over my glass of wine (sorry, dear readers, this issue is best enjoyed with a glass of vino, not a power boosting shot – but more on that later). He usually then asks for the facts and, when delivered, deadpans and says: "But I can't believe you didn't know that..."

Well, erm, clearly not. Obviously, we don't always know. It would appear that we all require a bit of down 'n dirty insight every now and again – whether to remind us, reinvent us or allow us a giggle. And, mercifully, this, right here in your sweaty, well-manicured little paws, is that issue – packed with stats we've gleaned from our sex survey and everything in between. Just check out "What He's Really Trying To Tell You" (p66).

If you're a stats lover like me (it's sexy as hell being a stats lover, I know!), then you'll love what our digital team has created online – every heart-stopping little fact we couldn't squeeze into the magazine has been redirected into illustrated charts of brilliance. Check them out. Save them for book club – or between the sheets.

Incidentally, size doesn't count – well, not when it comes to the newest and most scorching hot health trend: wellness shots. These downsized, super-perky little tonics pack a whopping punch and we've rounded up a couple for you to try this winter – just go to "Shot, Bru" (p108). We promise that collectively they will slow ageing, fight flu, aid digestion, boost your mood and more. How's that for a potent hot mix? Even our food ed, Amy Rankin, is prepared to admit that they are not the tastiest liquid morsels to knock back, but they're so packed with goodness that you'll love them anyway!

On the subject of potency, single gals everywhere (okay – and the rest of you minxes!) should start flagging the social media accounts detailed on page 70 – they belong to "South Africa's Most Eligible Bachelors". Thank us later. Tweet them your praise. And keep checking online – we could be lining up some dates! Did someone say speed dating with the country's best-looking, funniest and fittest specimens? Yep, we sure did!

Until next month,

Danielle

DANIELLE WEAKLEY
Editor
@DanielleWeakley @danweakley



BYRON KEULEMANS; MAKE-UP: SYLVIE HURFORD

WH Online
Think you know your girly bits? Visit WomensHealthSA.co.za and take our vagina IQ test.

This month, WH will help you...

GET BETTER ORAL SEX.

"As a sex and relationship editor, I've read a *lot* of crazy advice. But who knew using a Tic Tac could help teach your partner how to perform oral sex better (check out page 128)? I'll leave a copy of the mag lying around for my guy friends to read at my next dinner party!"

FEATURES EDITOR
KIRSTY CARPENTER

BEAT YOUR GENES.

"I've always thought it was a terrible curse that I inherited my family's paunchy stomachs and overtly child-bearing hips. After reading 'Weight Fate', page 100, I feel like I'm not alone – which makes it easier to deal with – and I now know how to overcome my fate..."

EDITORIAL INTERN
MICHELLE OCTOBER

APPRECIATE YOUR PETS.

"I never knew that watching a fish swim around in a tank could lower your heart rate and blood pressure. Plus, dog owners are more likely to live longer after a heart attack (see page 106). Maybe I'll go find my Nemo..."

FASHION ASSISTANT
MARILIZE UYS

PICK THE RIGHT KNICKERS.

"Finding the right support is always difficult. 'Underneath Your Clothes' (p38) led me in the right direction to finding the correct bras and knickers to fit discreetly under my gym (and other) clothes, while still providing me with comfort and support."

ASSISTANT DIGITAL EDITOR
JOY NIEMACK

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Sea Lily Enriched

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Serum only: 80% of South African women agree that the intensity of dark spots is visibly reduced*.

Routine: 96% of South African women agree that their complexion looks brighter**.

*Consumer test on 191 South African women, 4 weeks of usage serum. **Consumer test on 168 South African women, 4 weeks of usage routine (Serum & Day cream & Night cream).



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Women's Health South Africa

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1. Consumer satisfaction tests (60 women). 2. Source: NPD BeautyTrends®: total sales of 4 countries: France, Italy, Spain mainland and UK, skin care products sold in Perfumeries and Department Stores, Luxury brands, sales in value in 2013.



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We Hear You!

WINNING LETTER

Pride and prejudice

I read your article on prejudice in the March issue with a strange mix of sadness, recognition and hope. Sadness, in knowing that it's so easy to allow ourselves to feed off one negative experience – whether it's an article we read or someone else's story – and condemn people of an entire race/ethnicity/dress size/sexual preference or religious group as guilty or, somehow, inferior. With shame, I recognised that there were times when I had done the very same thing and, sadly, have experienced the other end of it too. But, there was the hope, that, even in today's age of violence and struggle, you don't have to be just another one of the masses and accept a paradigm that you've nurtured for whatever reason, for however long.

So thank you *Women's Health*, for talking about a subject that, for many of us who work in corporate (or non-corporate) environments, is taboo; for those who practise a religion that has received very bad press, or for those belonging to a race that is typically depicted in a negative way. It's such an awkward discussion that we often sweep it under the carpet – or to the back of our minds – because we don't always want to confront what could be a harsh reality about ourselves. Thanks for highlighting what we don't always think and, therefore, talk about. *– Mumina Hoosain, Cape Town*

Switch it up

Thanks to your awesome fitness advice and great diet calendar, I have found the perfect inspiration to get fit and look after myself again. Last year I had a rough year with no inspiration to even get out of bed. I have switched from *Cosmo* to *Women's Health*. Your mag has more inspirational, relevant articles to read on daily life. I cannot wait to get out of bed or for the new issue to come out! One of my friends gave me 20+ magazines from her collection throughout the years and I am already halfway through reading them. Thank you for all the inspiring articles and motivation in your mags. I've now lost nine kilograms – since December! Your magazine rocks!
– Tessa Venter, Joburg

Back on the wagon

I had never bought *Women's Health*; in fact, I don't buy any magazines. But, I got the latest issue. Wow! I love this magazine – and it made me think about all my New Year's resolutions for 2015. I've decided to spoil myself by buying WH every month. I love it! Many thanks!
– Janine Heeger, Cape Town

Time for a change

I've never been active; when I was at school I never participated in any sport and, even in adulthood, I was content with that fact. I've never been overweight – I gave myself the consoling title of "chubby", but, when clothes no longer looked good on me, I had a wake-up call. I picked up *Women's Health* and I've never looked back. I decided to sign myself up to the gym and got the tips and tricks from the mag so that I didn't get there and not know what to do. Now, I can safely say that I'm on my way to being in the best shape of my life! When I turn 30 in September I want to be the best-looking 30-year-old I've ever seen: toned, flat tummy and all. Now I give myself the title of "healthy"!
– Phindile Motsepe, Witbank

New perspective

Giving life to a human body is supposed to be the most wonderful thing in the world, but, if it's from a different race, it's a shameful thing. People talk behind your back or call you names and, because of that, I went from a 34 to a 44 dress size. I was stressed and depressed. But, because of seeing my baby's smile whenever I looked at him, it made me think twice about what people think or say. I've decided to take care of my baby and myself. All the stories I've been reading in WH have helped me and I've started exercising and eating healthily. Hopefully, I will have a happy life again, despite all these negative people around me. Thank you for giving me hope again.
– Micheala Basson, East London

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Please include your full name and the city in which you live.

WRITE IN AND WIN!

The writer of this month's winning letter receives a James Bond 007 fragrance hamper, including a 30ml, 50ml and 75ml EDP and a James Bond Ocean Royale Pour Homme 125ml EDT for him, all valued at more than R2 000.



Treat and hide.

A perfect complexion from morning to night.

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Bright Plus HP Intensive Brightening Smoothing Serum is Clarins' most advanced skin care serum for a flawless complexion, glowing with a youthful radiance. This serum makes your skin appear more even, refines its texture and promotes exceptional radiance. Helps minimize the appearance of dark spots.

Everlasting Foundation + delivers a flawless complexion and comfortable skin for 18 hours** of hold. Its ultra-fluid texture will conceal dark spots, redness and other imperfections.



TREAT
Dark spot corrector, even tone, glow

HIDE
Long-lasting complete cover

"I have had uneven skin tone for several year but since I discovered the Bright Plus Intensive Brightening Smoothing Serum, which I use with the Bright Plus Brightening Repairing Night Cream, I have seen a phenomenal improvement in my skin tone, texture and overall appearance. Foundation that has good coverage and long-wear is exceptionally important to me due to my uneven skin tone. The new Everlasting Foundation+ provides wonderful coverage, excellent hold and the overall radiance of my skin is superb!"

Carmen, Clarins Customer

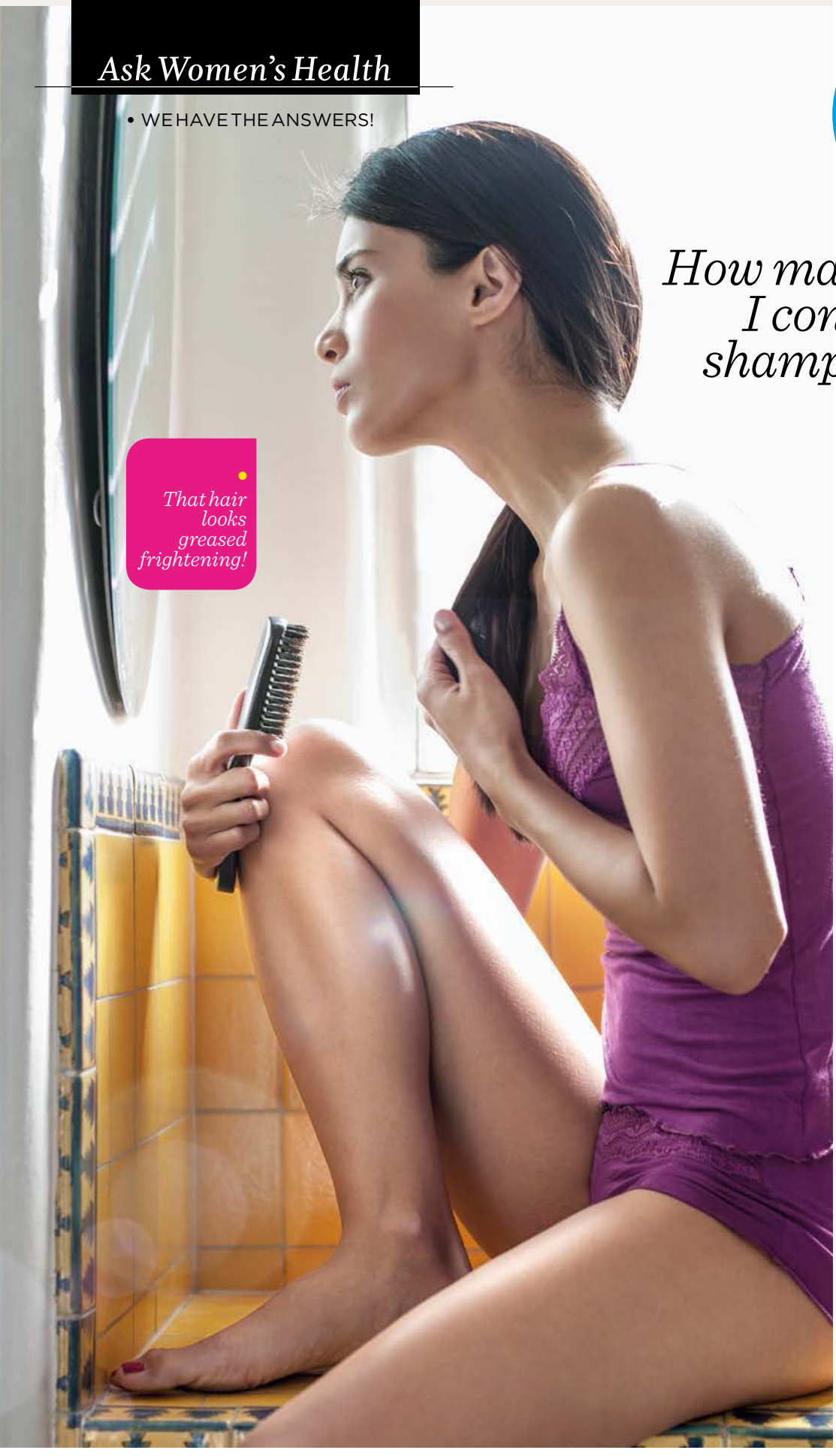
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*Consumer test on 191 South African women – 4 weeks of serum usage.
**Satisfaction test – 60 women.

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Ask Women's Health

• WE HAVE THE ANSWERS!



That hair looks greased frightening!

How many days can I continue to dry shampoo my hair?

"You can get away with one or two applications before washing," says David Gillson, master stylist and partner at Carlton Hair. Using dry shampoo doesn't do any harm to your hair; however, if your hair is very oily, you'll need to wash it, he adds. "Leaving it too long between washes means your hair is going to smell and look matt and dull."

I don't eat red meat, eggs, wheat or carbs. What can I eat for breakfast that will give me sustainable energy to run a marathon?

"Based on my assumption that by carbs, you mean no cereals and grains, some options for breakfast that can provide sustainable energy would be a combination of sliced fresh fruit, nuts, seeds and yoghurt," says WH dietician Dr Celeste Naudé. "If this doesn't work, you can try slices of cheese, fresh fruit and nuts. Also make sure you're well-hydrated."

I've received emails about the Spartacus workout, saying it's the new best thing – does it really work?

"Spartacus is essentially a circuit of 10 exercises performed for one minute each, then repeated two to three times," says fitness expert Dr Paola Wood. "So all the benefits associated with circuit training apply: it makes excellent use of every training minute, it's fun, has a high-energy expenditure per minute invested and normally ensures improvement in muscle endurance and cardiorespiratory fitness." The negative? "Circuit training doesn't result in much muscle growth, so, if this is your goal, it isn't the most effective workout. If you try and do both the Spartacus workout and heavyweight training, the workout could interfere with recovery from the weight training or performance during the training." >

GREATSTOCK/CORBIS

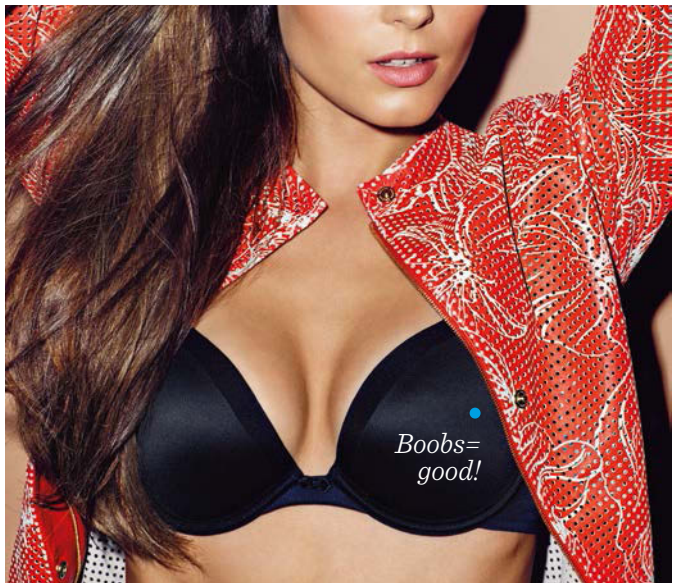

ANGEL
BEWARE OF ANGELS
Thierry Mugler
GEORGIA MAY JAGGER
DISCOVER YOUR FRAGRANCE
AT MUGLER.COM

ASK the GUY NEXT DOOR

• TUDOR CARADOC-DAVIES



Q / *Boob jobs: how do men really feel about them?*



What men feel about boobs in general is that they are awesome. And that applies to the natural ones as well as ones that are the result of a boob job. Sure, some guys get specific about what they like, but these are the kinds of guys who don't tip waiters either. I can speak for the majority of men on this one: boobs = good. It's a simple equation. And what's even better is if the woman whose boobs we are appreciating, is loving them herself. If her self-confidence is strong and she loves her body as much as we do, guys know that she feels sexier and, well, there are obvious benefits to that. Want a boob job? Go for it. But do it for yourself, not for a guy or guys in general. Don't want a boob job? Great, then don't.

I feel like it's time to tell my guy about my bisexual past. How do you think he'll react?

According to pretty much every single-male sex survey ever done, men love the idea of a threesome, so if you need to tell him because you want a bisexual present and future and he might be invited – breathe – then I wager this is news that will make him grin. But only you can make an accurate call on whether it'll be a turn-on or not. Is he open-minded? Would he feel threatened? What if you wanted to get with a girl without him being involved? What are your motives? Would you be cool with him being with another woman, as long as you got to play too? Or, was it simply something you wanted to share to make pillow talk a little spicier than arguing about who should take out the garbage? If you do decide to act and bring your bisexuality into your relationship, just give some thought to both of you establishing and respecting some ground rules on who can do what with whom.

My guy and I recently moved in together and he told me he misses having his own space. Are we doomed?

Not necessarily. It's an unpopular, but common, truth that men and women struggle to give up their space when they start to cohabit. Beforehand, both of you could just retire to your separate homes when you were sick of each other. Now, you have to figure out a way to coexist. First off, ensure you keep the communication open. If you can't voice this stuff, it builds and explodes confusingly over something small further down the track. Next up, ask yourself if you would like some time apart too? Perhaps you need to demarcate time (specific evenings to go and do your own thing). If it is literally about space, then depending on the size of the place you live in (apartment dwellers, this is harder for you), try to give each other a sort of "you" zone. If you live in a house, this is easier (think man-caves, studios, sunrooms). It's hard, but accommodating and being sensitive to these space-and-time needs is a much better idea than fighting them. ■

Safe Or Not?

PLASTIC STRAWS



You've probably read that some plastics contain bisphenol A (BPA) and other potentially harmful chemicals that can seep into your food and drink. But, sipping on a cold cocktail with a plastic straw is still believed to be safe – leaching has mostly been observed with hot liquids, not cool ones.

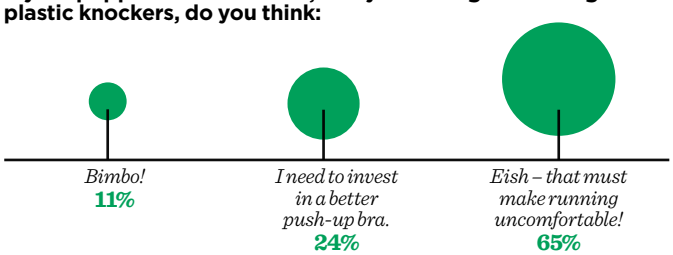
YOUR 2c

Here's what you had to say about these hot topics:

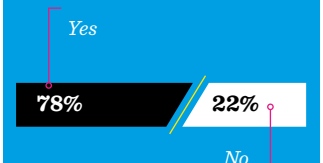
If you had to have one kind of plastic surgery, what would it be?



If your puppies are *au naturel*, and you see a girl with huge plastic knockers, do you think:



Do you think cosmetic surgery – that includes Botox, fillers, facelifts – is addictive?



FROM TOP: CLARE LOUISE THOMAS; ERIC RAY DAVIDSON; GALLO IMAGES/GETTYIMAGES.COM; ADDITIONAL REPORTING: AMY RANKIN

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SCOOP!



VICTOR PRADO

CONSUMING STAR ANISE MAY HELP FIGHT BACTERIAL INFECTIONS.

AN ALL STAR

It's all about the fizz. There are plenty of health reasons to give up cooldrinks but that hasn't stopped 63 percent of South Africans from swigging them three to four times per week. Concoct your own healthier bev with star anise.

Spicy Syrup Sip

3 star anise pods (crushed)
Zest of three lemons
¼ tsp ground cinnamon
¼ tsp ground nutmeg
1 tbsp minced fresh ginger
1 vanilla pod split in half
¼ tsp citric acid
2 cups water
5 tbsp honey

Place all ingredients (except the honey) in a saucepan and bring to a boil, then reduce heat to low. Simmer for 20 minutes. Remove from heat; strain out solids through a coffee filter. Return to clean saucepan; stir in honey to taste. Set aside to cool. Make one bottle of sparkling water with a SodaStream and mix in four to five tablespoons anise syrup, to taste. Or add syrup to boiling water with a slice of orange to make a "tea".

Source: SodaStream South Africa

THIS JUST IN

PictureIt

Visualising yourself kicking ass pre-workout or -race can enhance your performance – but only if you do it right before you start. In a recent *Journal of Strength & Conditioning Research* study, runners who imagined themselves sprinting super-fast up to two minutes before a race ran significantly faster than those who didn't. But the effect disappeared if they did the visualisation more than three minutes before hitting the track. Researchers suspect that having more time between dreaming and doing causes you to lose the psychological momentum you've built. Try it: 30 seconds before your next sweat session, close your eyes and mentally watch yourself rock it.



WHAT IS IT?

RISE \riz\ *n.* This stands for the four types of exercise – resistance, intervals, stretching and endurance – that, together, maximise fat burning. In a *Journal of Applied Physiology* study, people on a high-protein diet who did a mix of RISE each week lost more weight than folks who only sprinted and strength trained. Different activities trigger different metabolic pathways that work together to fry fat more efficiently, says study author Dr Paul Arciero.

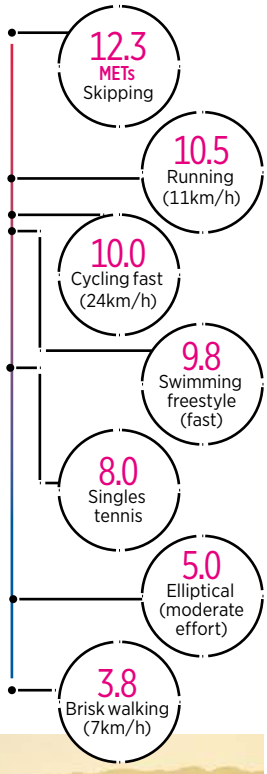
48

PERCENTAGE LOWER RISK OF DEPRESSIVE SYMPTOMS FOR WOMEN WHO MET ACTIVITY GUIDELINES VERSUS INACTIVE WOMEN. EXERCISE LIFTS LEVELS OF SEROTONIN, THE SAME FEEL-GOOD BRAIN CHEMICAL MADE MORE ACCESSIBLE BY SOME ANTIDEPRESSANTS

Source: *Medicine & Science in Sports & Exercise*

That's Intense

Metabolic equivalents (METs) tell you what your rate of energy consumption is. To get faster results, work out at a minimum of three METs – one MET is the resting metabolic rate. These activities will get you there.





Rise and shine!

MORNING STAR

Early birds really do get the worm – at least when it comes to workouts. According to new US research, late sleepers are more likely than crack-of-dawn risers to have trouble sticking to a fitness routine – even if they get the same amount of shut-eye. Rushed mornings and evening temptations can make it harder to find time for exercise, says study author Dr Kelly Glazer Baron. If answering work emails or perusing Facebook keeps you from conking out, download the free app f.lux (Justgetflux.com), which adjusts your tablet's or computer's light to a more snooze-inducing tone.

CLOCKWISE FROM TOP LEFT: CHRIS SHIPMAN; NATHANIEL WELCH; DANIEL STARK; MUNETAKA TOKUYAMA; GREATSTOCK/CORBIS

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MERCK

CONQUER

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THIS JUST IN

From The Horse's Mouth

Colombian lifestyle brand, Maaji, has launched equestrian-inspired fitness attire. The range includes an eclectic collection of athletic tops, dazzling leotards, sports bras and figure-hugging yoga pants, as well as eye-catching shorts and Capri-style pants. The multifunctional pieces can be worn during yoga, swimming, dancing, surfing, running or, even, just for a casual day-time look.

BAG THAT!

What every girl wants: a hot genuine leather bag tricked out with smartphone and tablet charger. It's also roomy enough to fit your keys and purse. Foldover clutch, R1 200, purse, R799 and iPad case, R1 200, all Take-charge.co.za





1/ Thumb
20-carat-gold double-plated sterling-silver Track ring, R1 655, Black Betty

2/ Linear
Hills ring, R485, Smith-Jewellery.com

3/ Midi
Stacked rings, from R280 each, Dear Rae

4/ Knuckle
Fine ring, R299, Country Road

5/ Open end
Twistie ring, R600, Janine Binneman Jewellery

6/ Three finger
18-carat-gold vermeil geometric ring, R1 950, Kirsten Goss

7/ Cocktail
Glass cocktail ring, R100, Lovisa

1.2billion

NUMBER OF WATCHES SOLD ANNUALLY WORLDWIDE. WATCHES HAVE BECOME PURE FASHION ITEMS AND SHOULD SERVE AS STATEMENT PIECES RATHER THAN TIMEPIECES. ROCK THE CARRERA - CARA DELEVINGNE WATCH, R54 995, TAG HEUER

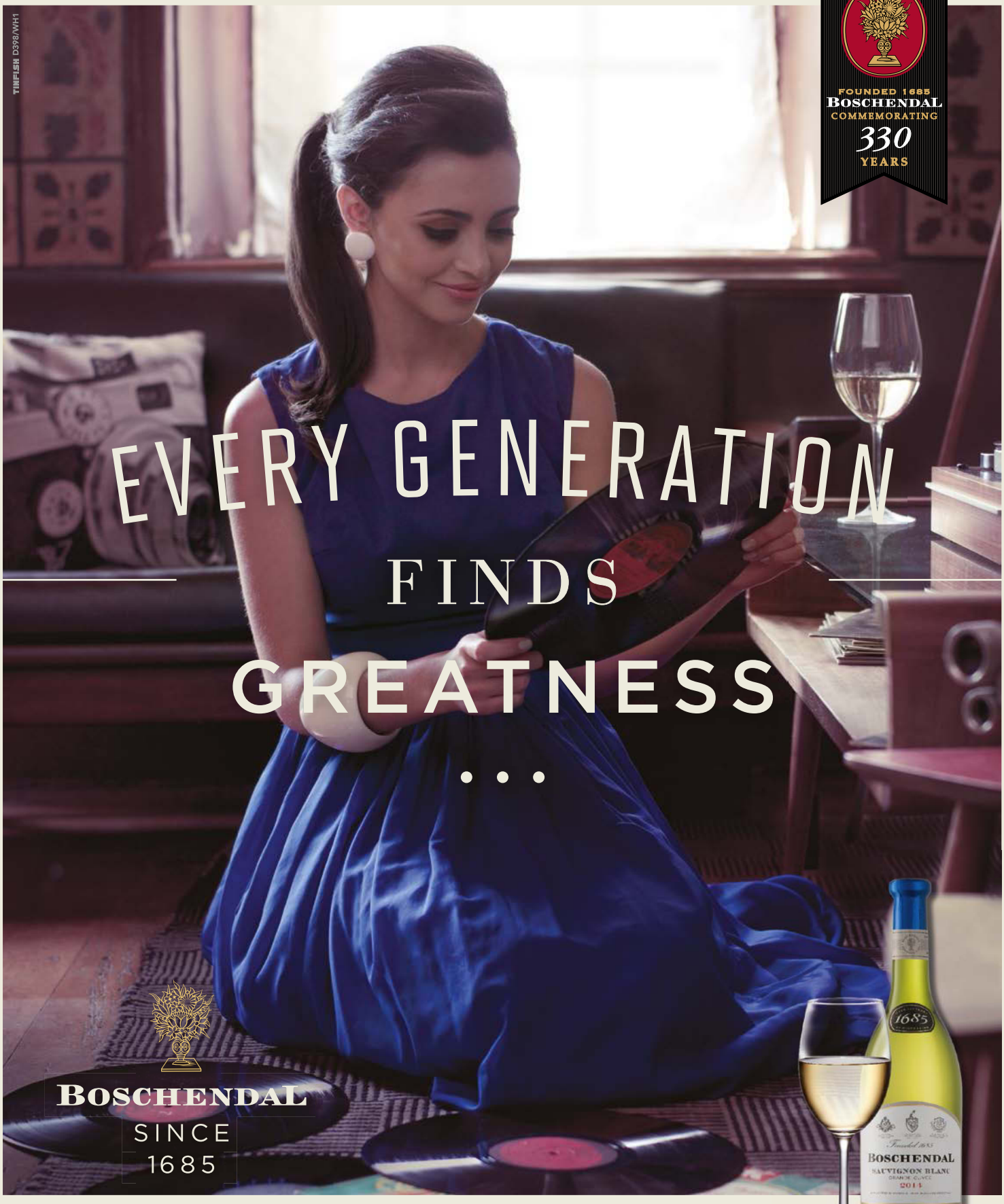
Source: Statisticbrain.com



PUT A RING ON IT

Bling it on! You don't have to have a major rock to add oomph to your look. If you're all thumbs at picking one that's right for you, use these tips: dainty fingers look best with small rings and long or thick fingers can accommodate larger styles. Indulge in a few eye-catching pieces.

CLOCKWISE FROM TOP: RIANA VOGEL; JAMES GARAGHTY; MODEL: WANITA NICOL



Not For Sale To Persons Under The Age Of 18. Please Enjoy Responsibly.



You snooze, you win.

SLEEPING BEAUTY

Want dreamy skin? Hit the sack. University Hospitals Case Medical Center in the US found that women who slept five or fewer hours a night or had poor-quality sleep (tossing and turning, or waking up often) had more signs of facial ageing – like wrinkles and uneven pigmentation – in just one week. Eek! Try Estée Lauder Enlighten Dark Spot Correcting Night Serum (R720). And log seven or more hours of shut-eye to keep your skin looking young.



Eau De Cosy

Some fragrances are like freshly baked bread: a whiff can make you feel all warm inside. Look for scents that you associate with happy memories or seek out the comforting notes of rose – try Chanel Les Exclusifs de Chanel Misia (R2 030 for 75ml, available at Edgars Sandton and V&A Waterfront stores) – or vetiver, like Santa Maria Novella Vetiver (R1 300 for 100ml cologne). Alternatively, go for peppermint – its calming aroma has been used to treat anxiety and depression. Try Jo Malone's White Jasmine & Mint Body Crème (R860 for 175ml).



CLOCKWISE FROM TOP: GALLO IMAGES/GETTYIMAGES.COM; RIANA VOGEL; MITCH MANDEL

75

PERCENTAGE OF WOMEN WHO PREFER RED OR PINK NAIL HUES TO TRENDIER COLOURS. FOR A CHIC SPIN ON CHERRY, TRY OPI NAIL LACQUER IN GO WITH THE LAVA FLOW (R170, HAWAII COLLECTION)

Source: The Beauty Company, a consulting firm

SHORT ANSWER

Fan brush



The ideal tool for a soft, natural blush application, thanks to its long, sparse bristles, says celebrity make-up artist Merrell Hollis. MAC's 132 Duo Fibre Brush (R500) is a flat brush combo of synthetic and natural fibres. Use it for powder or cream blush, and even foundation application.



Cleansing Body Oil, R79.95, lipidol.com



You're so pretty... Hic.

DRUNK ON YOU

Yeah, it happens: you hook up with a stud at last call and he looks like a dud the next day. Now science has backed up what we've long suspected: beer goggles are real. In a study, people who were boozing rated faces as more attractive than those who sipped virgin drinks. Alcohol can alter how we behave and see the world around us – a shift that can lead to the risky behaviours, such as unsafe sex, that happen when people are drunk, says research associate Dr Olivia Maynard.



THIS JUST IN

X Marks The Spot

International Clitoris Awareness Week? Yes, you heard right, there's a whole week dedicated to your lady bit, usually at the start of May – also the official Masturbation Month. Put away the balloons and celebrate, right! Womanizer is designed to give your on-button some extra TLC. Unlike conventional sex toys, it doesn't stimulate through penetration or vibration, but is applied directly to the clitoris (R2 300, Passionfruit.co.za).

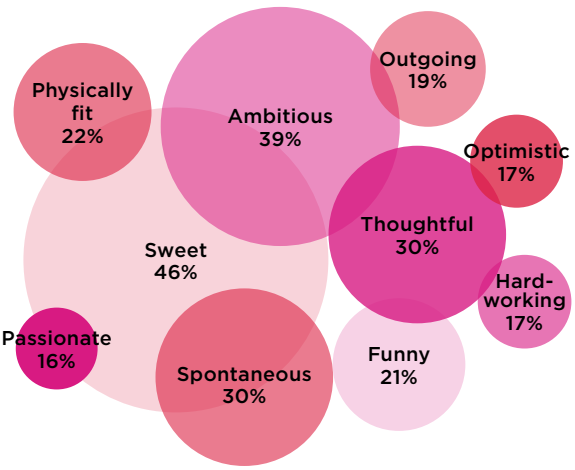
WHAT IS IT?

preconception stress

\pree-kuhn-sep'-shuhn stres\ *n.* The reason you might be struggling to get pregnant. Women with high levels of alpha-amylase – an indicator of stress measured in saliva – are 29 percent less likely to conceive each month compared to women with low levels, says a new study. Researchers suggest trying meditation or yoga to Zen out.

WORD PLAY AS FOREPLAY

Certain words and phrases can inflate the number of messages your dating profile receives, says a study of over 12 000 profiles. Here, how much the top 10 words might increase your traffic:





3.9 months

THE IDEAL TIME THE AVERAGE PERSON THINKS PEOPLE SHOULD WAIT BEFORE HAVING SEX WITH THEIR PARTNER. "THERE'S NO RIGHT FORMULA," SAYS PSYCHOLOGIST DR SHERI MEYERS. "DISCOVERING YOUR SEXUAL COMPATIBILITY EARLY ON CAN UP THE DESIRE TO BE IN A LONG-TERM RELATIONSHIP"
Source: Zoosk survey

GALLO IMAGES/GETTYIMAGES.COM (COUPLE)

O&M CAPE TOWN 7726S/E/BEACH



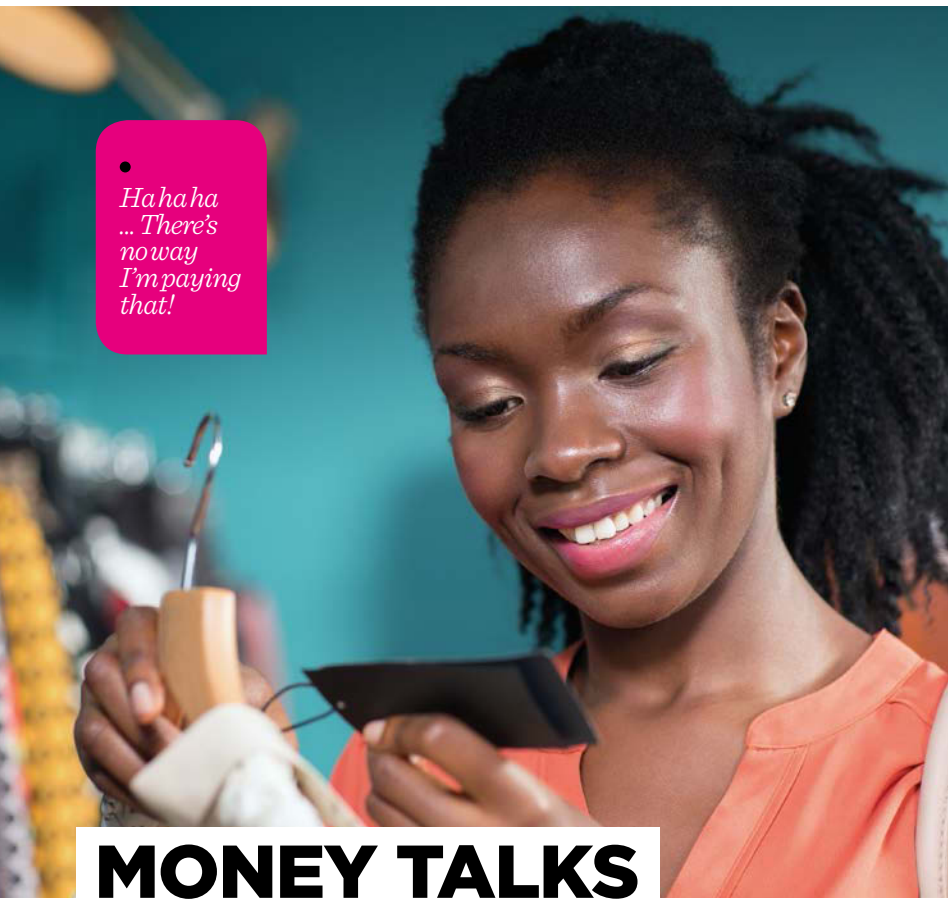
GOOD FOR TEETH

Dentyne sugarfree chewing gum contains **Xylitol** which protects your teeth. So now you can take care of them – anytime, anywhere.



twenty-four

NUMBER OF DIFFERENT OPEN (NOT PRIVATELY OWNED) MEDICAL AID FUNDS TO CHOOSE FROM. SURE, CHEAP MEDICAL AID EXISTS, BUT YOU'LL WANT TO BE SURE THE COVERAGE ISN'T TOO SKIMPY. KNOW WHICH ONE IS BEST FOR YOU WITH JILLIAN HOWARD'S *THE BEST POCKET GUIDE EVER FOR MINIMISING INSURANCE* (R100, RANDOMSTRUIK.CO.ZA)



MONEY TALKS

Spending more money than you have to? Bargain a better price! This old art form can save you a few Randelas. "No one should pay full price for anything," says Mark Ellwood, author of *Bargain Fever: How to Shop in a Discounted World*. And, yes, that includes you. Your secret weapon? Talk to store employees. Ask about upcoming promotions and discounts. And, when sale season hits, be mindful of price trickery. Whole numbers ending with a zero denote quality in our minds, says Ellwood. Items with prices that end in a nine are perceived as good value.

SHORT ANSWER

Advanced driving course

Your ticket to cheaper insurance. Why? "By completing an advanced driving course – specifically defensive driving – you will be up-skilled behind the wheel and your likelihood of being in a crash will be reduced," says Justine Kimberley from MasterDrive, based in Joburg. But this all depends on your insurance company. "Most insurance houses will give you a reduction, depending on the company and your risk profile." Chat to yours.

Taking A Break?

Whether you're taking time off to have a baby, study or have an *Eat, Pray, Love*-moment, when you take a career break your savings will take a hit. "Career breaks are usually unpaid and it's important to have a plan that can be adapted to your circumstances," says Marlise Kotze, a financial adviser from Alexander Forbes. Here's a checklist to cushion your break:

Plan your break
How much money you will need each month and what your day-to-day expenses will be.

Settle your debt
Try not to have debt at this time and make sure you don't add any new debt.

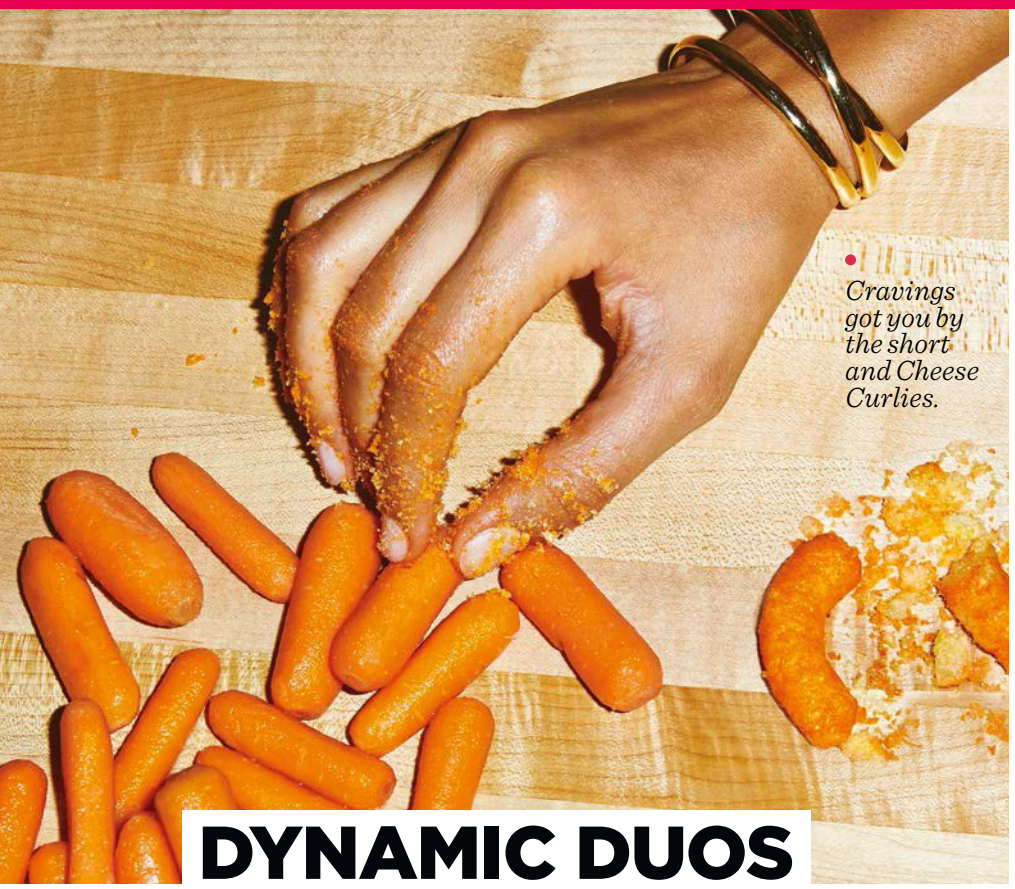
Save and invest
Many financial planners recommend that you save 10 to 15 percent of your income.

Plan for emergencies
An emergency fund allows peace of mind, knowing you won't be financially stranded.

FROM TOP: ISTOCKPHOTO.COM; GREATSTOCK/CORBIS

KINGJAMES 33161





Cravings got you by the short and Cheese Curlies.

Be Pre-Op(timistic)

Complicated emotions may drive people to weight-loss surgery, but it pays to be positive. Patients who felt more anxious or unattractive before surgery lost less than those who had fewer negative thoughts, according to a study in *Obesity Surgery*. Joining a support group three months pre-op can boost self-esteem and help develop non-food-related coping strategies, says study author and psychologist Dr Michelle Lent.

DYNAMIC DUOS

Business, meet pleasure: people who were served a healthier snack with a small amount of junk food were as satisfied as those who were given a larger serving of the treat, says study author Dr Kelly Haws. Chew on these pairs to curb the urge to overeat.



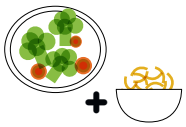
Nine baby carrots and eight Cheese Curls.



One fruit cup (in 100 percent juice) and one chocolate-chip biscuit.



One side salad and eight fried chips.



One side of steamed vegetables and half a cup of macaroni and cheese.

SHORT ANSWER

Carbs

The most crucial nutrient to cut down on if you want to drop weight. People who downed less than 40g of carbs per day (about the amount in one slice of whole-wheat bread and half a cup of brown rice) lost 3.5kg more over a period of 12 months than those who followed a low-fat plan.

Source: *Annals of Internal Medicine*

three point eight



NUMBER OF CENTIMETRES THE AVERAGE WOMAN'S WAIST CIRCUMFERENCE INCREASED FROM 2000 TO 2012. AN EXTRA-WIDE WAISTLINE IS LINKED TO AN INCREASED RISK FOR TYPE-2 DIABETES, HIGH CHOLESTEROL, HIGH BLOOD PRESSURE AND CORONARY ARTERY DISEASE. TRY TO KEEP YOURS AT 80CM OR LESS

Source: *The Journal of the American Medical Association*

FROM TOP: AARON RICHTER; GALLO IMAGES/GETTY IMAGES.COM

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HTHI02/15/E

COBIE *uncovered*

This hot shot? Actress Cobie Smulders has a lot more to reveal... *The Avengers: Age of Ultron* star divulges the hard truths she's learnt, her most daring moments and the health scare she's never talked about – until now

BY KIMBERLY CUTTER / PHOTOGRAPHS BY ERIC RAY DAVIDSON



Cover Exclusive



Cobie Smulders is a bit like Clark Kent: when you're hanging out with her, you start off thinking you're talking to the girl next door, but, by the end of the conversation, you're all: who was that mystery woman?

Cobie arrives 10 minutes early to our interview at a Mexican café in New York City's Tribeca neighbourhood with damp, fresh-out-of-the shower hair, zero make-up and the same friendly smile that won her legions of fans as Robin Scherbatsky on the hit TV series *How I Met Your Mother*.

Peeling herself out of her massive coat, Cobie chats with the waiters and orders guacamole and chips. It's all very easy-breezy, polite, laid-back – I mean, we even talked about the weather. Only gradually, over a long game of truth or dare, do the rather astonishing facts of her life begin to emerge. What you may already know: in the year since *HIMYM* wrapped up, the 33-year-old who "never planned on becoming an actor" has reprised her role as agent Maria Hill in *The Avengers: Age of Ultron* (some of which was shot in our very own Jozi) and made two indie flicks – the comedy *Results* and the drama *Unexpected*.

Bombshell number one: Cobie was pregnant with her second child while filming the latter two movies and gave birth earlier this year, facts few people knew until she hit the Sundance Film Festival with baby in tow. Bombshell number two: she was shot topless (and rocked it) for our cover fewer than two months after popping out a kid. >

Bombshell number three: eventually, Cobie reveals that she was diagnosed with ovarian cancer during season three of *HIMYM* – something she's never spoken about publicly. All of these three pointers lead us to the fact that Cobie is a baby-making, ass-kicking, career-rocking superhero for whom Marvel hasn't yet come up with a name.

Ironically, a lot of that ass-kicking sensibility grew directly out of her battle with cancer.

"I haven't had any surgeries for it in five years. By some standards, [that means] you're cancer-free," says Cobie. One reason she only now feels comfortable discussing the topic. "It caused a huge shift for me. Like: you know what? I'm just going to do things. I'm just going to take advantage of life and enjoy myself and not get so stressed out. And that's been my mentality ever since." That's one of many truths Cobie's come to realise – and she's taken a few life dares she'd suggest you try too. Listen in as she dishes them out.

TRUTH

YOUR CAREER WON'T ALWAYS TURN OUT AS YOU EXPECTED.

Like many of us, Vancouver-native Cobie never had a clear-cut idea back in high school of what she wanted to be when she grew up. "I had so many different interests," she says. She was into the sciences and considered getting a degree in marine biology. The summer before heading to university, though, she started doing theatre – and decided not to take the academic route. "Acting was the thing that hit," she says. The moral: go with the flow and make the most of the opportunities that come up. You never know where they might lead – like to one of the biggest TV series ever!

TRUTH

BEING FIT DOESN'T HAVE TO BE A SLOG.

Cobie says that, for the longest time, she didn't really have an exercise routine. But prepping to play a personal trainer in *Results* meant that she kind of had to know her stuff. So she started with weight training and cardio before discovering her true workout love: SoulCycle. "I know I'm the last person on the planet to get into it," she says with a laugh. "I like the super-loud music, the dark, the fact that you burn so many kilojoules and the whole thing is over in just 45 minutes." Still, she's no addict: two classes and one Pilates session and she's done for the week.

DARE

DO SOMETHING THAT FREAKS YOU OUT.

For Cobie, that was showing off for the girls at WH. "It's a stressful thing," she admits. "[But] I'm going to hit that point soon where nobody's going to want to see me topless – I should just embrace it, right?" That said, she did amp up her normal gym schedule to get ready. "Leading up, Mama was doing SoulCycle three times a week and, if I could do Pilates twice, I would do it. It kept me on target. Topless on the cover of a magazine six weeks after giving birth? All right. Let's do this!" That dive-right-in spirit applies to her work life as well. When she auditioned for *HIMYM*, "I was [also] up to test for two other shows, and I had to choose one," Cobie recalls. "I'd never done a comedy and, at the time, it was going to be filmed in front of a live audience, which terrified me. So, I thought: *Let's go for that one*. I like to do things that scare me."

TRUTH

NOT ALL DIETS ARE WORTH STICKING TO.

In an effort to get healthy in her twenties, Cobie adopted a raw-food regimen – and loathed it. "Ugh, I was juicing broccoli, cauliflower, a quarter of a red onion, kale (of course) and carrot – it was bad." These days, moderation is her middle name. "When I'm trying to be at the top of my game, it's a lot of salads and chicken, almost zero carbs," she says. "I try not to have fried foods, but I do indulge. I love eating so much. I will go to great lengths to find a good mac and cheese."

DARE

STAY WITH THE SAME GUY FOR OVER 10 YEARS, MOSTLY WHILE LIVING AT THE OPPOSITE END OF THE COUNTRY.

Anyone in a long-distance relationship – or who wants a long-lasting one – could take a page from Cobie and her husband, *Saturday Night Live* actor Taran Killam. They met when they were both 22, staying the course – and co-parenting their older child, daughter Shaelyn (who turns six this month) – while Cobie was in LA shooting *HIMYM* and Taran worked in New York City. "The way we've handled this distance thing has been huge for us," says Cobie, who moved to NYC after her show ended. "We're probably the best people to be in that situation, because we're both very independent. I've never felt jealous or worried." They follow one cardinal rule: spend no more than three weeks apart. It helps that Taran sounds like an absolute gem – and we know he's hilarious. "He makes me laugh," she agrees. "He's very kind. And he keeps me calm."



TRUTH

THE WORST THING THAT HAPPENS TO YOU COULD ALSO BE THE MOST EMPOWERING.

Cobie was 25 when she got her ovarian cancer diagnosis. "I had tumours on both ovaries and the cancer had spread into my lymph nodes and surrounding tissues," she says. Because of where it was located, radiation and chemotherapy were not options for her. Instead, Cobie underwent multiple surgeries



ISTOCKPHOTO.COM (RIBBON)

over two years to remove cancerous tissue. Ultimately, she was left with only a third of an ovary. Though doctors warned her that she wouldn't be able to conceive naturally, she got pregnant with Shaelyn shortly thereafter. Like we said: superhero. "I don't think I'll ever feel like I'm cancer-free," she says. "Now that it's been five years, I try think of it as a positive thing and what I can learn from it. And if I can create more awareness, I'll do it." ■

OVARIAN CANCER: WHAT YOU SHOULD KNOW

WHO GETS IT
Ovarian cancer is pretty rare. But it's the most deadly reproductive cancer, killing about 14 000 women in 2014. You're at greater risk of developing it if you have a family history or carry a mutation in the BRCA genes.

HOW IT'S DIAGNOSED
OC can be nearly impossible for women to detect right away because it often displays zero symptoms. The ones that do show may not seem dire: abdominal swelling or bloating, pelvic pressure or pain, the need to urinate urgently or more often and getting full quickly. Meanwhile, there are no reliable early-stage screening tests for it.

WHAT TO DO
If you've been noticing these symptoms persistently – we're talking more than 12 times a month – see your doctor, immediately. The earlier cancer is detected, the faster and easier it can be to treat.



Blur those lines

There's nothing worse than your trainer or that cute guy being able to see the entire outline of your undies – bulges included. Go seamless for subtlety and, with these adjustable hosiery bra straps, you won't have to worry about them cutting into your skin. Comfortable and sexy? Yes please!

Underwire bra, R634, Spanx at *PDL Distributors;* French-cut briefs, R200 (two pack), *Jockey;* parka, R1 199, *Country Road;* high-tops, R1 299, *Nine West*

Underneath Your Clothes

... lies an endless story of straps, cups, briefs, bras, clips and wire. Here's what to wear and when to wear it to keep you looking – and feeling – great

By Mari Groenewald



Cover your bases

Not everyone's into skimpy knickers – crop tops and boy-leg briefs offer that extra cover when you need it. Plus, snug-fitting boy-legs can also help smooth your hip and upper-thigh areas.

Crop top, R200 (three pack), *Jockey;* seamless boy-leg shaper, R270 (two pack), *Triumph;* jumper, R700, RVCA at *The Store;* watch, R349, Tomato at *S Bacher & Co*

PHOTOGRAPHS BY BETINA DU TOIT



Brief encounter

Recently had a baby or your tum just needs some extra holding, moulding and slimming? Panelled control is what you're after – and briefs do it best. Try a high-rise pair with an adjustable belt to make sure the fit is comfortable.

StellaSport sweater, R799, *Adidas;* rebelt briefs, R850, Anita Care at *PVN Fashion Agencies;* socks, *stylist's own;* self-adhesive sports wrap, R50, *Sportsmans Warehouse*



Want to make sure your skin looks extra silky, smooth and firm? Treat yourself to a new Clarins Spa Treatment, such as The Polisher (R425 for 45 minutes). Or, simply, use the Exfoliating Body Scrub For Smooth Skin at home (R415).

Support system

The girls need support – especially for high-impact sports. Key words to look out for when bra shopping: heavy-duty back straps, panelled cups, moisture-wicking fabric – all these will ensure that you can focus on your high performance, instead of your bouncing bits.

Sports bra, R590, Shock Absorber at *Edgars;* Active track shorts, R399, *Country Road;* trucker cap, from R499, *Oakley*



Suit up!

Wetsuits have got smaller, swimsuits have got warmer – the hybrid bodysuit is all the rage for watersports, offering the benefits of a warm bod and the freedom of bare limbs. Put on some sweatpants and you can stroll around – no problem!

Wetsuit/swimsuit, R1 500, Amuse Society and fleece vest, R600, RVCA, both at *The Store;* sports wrap, R50, *Sportsmans Warehouse*



Strap me in

We love a multi-strap: interchangeable, clear, solid – having one of these bras in your cupboard means you'll be able to wear a variety of top styles without losing your bust support.

Edén multi-strap underwire bra, R575, Selmark at *Barclay & Clegg;* compression tights, R799, Merrell at *Due South;* silver cap, R499, *Lorna Jane;* wristbands, R99, Nike at *Totalsports;* StellaSport high-tops, R1 199, *Adidas* ■

For stockists, go to page 144

ADDITIONAL REPORTING: AMY RANKIN; MODEL: EMMA MENTEATH/OUTLAWS; HAIR AND MAKE-UP: SHAHINAZ COLA-WRENCH/SUPERNOVA; LOCATIONS: CAPE CROSSFIT (WWW.CAPECROSSFIT.COM), PRIDE FIGHTING ACADEMY (WWW.PRIDEFIGHTINGACADEMY.COM); FASHION ASSISTANT: MARILIZE UYS; INTERN: MICHELLE OCTOBER



Winter Warm-Ups

Perk up your complexion and trick your skin into thinking it's summer. Here's how

By Jill Percia

For all but those who live in perpetually sunny Durban, bikinis and beach towels have long been packed away. But one summer staple shouldn't go into storage – namely, your I'm-on-holiday make-up. Think sultry bronzes, twinkling golds and full-bodied peaches, which imbue all skin tones with a warm, healthy quality. Here are strategies for wearing summery shades without looking like you bathed in a bottle of self-tan.

Light Skin



Eyes The key words are "soft" and "sheer". "Shimmering rose gold or light bronze are perfect for waking up the eyes," says Benkenstein. Brush the shadow from lashes to crease, then trace your lower lashes with the same shade – or line with a taupe pencil for more definition, says Romero Jennings, senior make-up artist for MAC Cosmetics. Finish with black mascara.

TRY (1) *Shiseido Shimmering Cream Eye Color in BR709 Sable (R395) and* (2) *MAC In Extreme Dimension Lash Mascara (R230).*





Cheeks A light-tan bronzer (read: café au lait, not mocha) with a touch of shimmer won't look fake or dirty. "Fair skin needs an illuminating shade in the winter," says Rene Benkenstein, education and sales executive for Clinique, South Africa. Dust it all over your face and neck with a big fluffy brush, then top with peach blush on the apples of your cheeks. Got mature skin? Stay away! As your skin ages, shimmer will simply amplify fine lines and wrinkles, says Benkenstein. "On mature skin, hydration keeps you looking dewy and radiant." Start by applying a shade of blush that mimics natural flush on the apples of your cheeks. For dewiness, lightly mist skin with a hydrating facial spray after applying your make-up, she says.

TRY (3) *Bobbi Brown Brightening Brick in Pastel Peach (R650) or* (5) *Clinique Cheek Pop Blush in Berry Pop (R300).*

Lips "A light-skinned woman wearing pale shadow and light lips is striking," says make-up artist Sonia Kashuk. Using satiny peach hues with gentle golden glimmer will help prevent a chalky, corpse-like effect.

TRY (4) *L'Oréal Paris Color Riche Lipstick in 230 Coral Showroom (R155).*



DONNA TROPE; ALEXANDRE WEINBERGER

GIVE IT UP

Some scents should be spritzed only between October and March. Trade in your...

> Tropical or fruity fragrances

If it reminds you of the beach or a cocktail you'd sip at the beach, skip it. "Lightweight eau de toilettes and body sprays can be too fleeting in winter," says Mary Ellen Lapsansky, vice president of The Fragrance Foundation. Plus, spicier floral Orientals and woody scents are warm and comforting now. Try *Angel Refillable Star (R1 195 for 75ml EDP)*, an Oriental gourmand scent with a rich concentration of patchouli.



Eyes A medium bronze is your winning hue. "Anything lighter won't show up, but a darker colour can look too smoky for daytime," says Kashuk. Brush a light wash of colour from lashes to crease and along your lower lash line. For more definition, draw on a thin to medium line of chocolate-bronze eyeliner tight against your upper lashes. Finish by applying black mascara.

TRY (7) *Maybelline ColorShow Mono Eyeshadow in 2 Stripped Nude (R70) and* (6) *Estée Lauder Double Wear Stay-in-Place Eye Pencil in Burgundy Suede (R325).*



Medium to Dark Skin



Cheeks Your made-in-heaven bronzer hue is a matt terracotta, which helps you regain that (faux) sun-kissed glow, says Jennings. Sweep it around your hairline, onto your nose and chin and around the perimeter of your face, then dust coral blush onto the apples of your cheeks, blending onto the cheekbones.

TRY (8) *Elizabeth Arden Beautiful Color Radiance Blush in 10 Terrarose (R270).* >

Lips While peachy nude shades look good on you (and are easy and low-key), a vivid orange-based red is fabulous. "It's coral's richer winter counterpart," says Kashuk. Keep it shimmer-free, though. Bold, sparkly lips are sexy in the summer, while a creamy or satin finish is more sophisticated in winter.

TRY (9) *Chanel Rouge Coco in 440 Arthur (R505).*





10

Cheeks To give your complexion a lift, choose a blush – blended onto the apples of your cheeks – that has a soft iridescent texture and a reddish-bronze tone, says Benkenstein. This will help add a subtle, yet warm glow, she says.

TRY (11) *BlackUp Blush in NBL04 Ochre (R315).*



11

12

Eyes Natural-toned eyeshadow shades like coffee and deep taupe are go-to colours for black skin. But, for a brightening dose of colour, Linda O'Connell, make-up artist and brand ambassador for Maybelline NY, South Africa, recommends reaching for cool colours like mauve or aubergine. And, if you're after a bit of sheen, sweep on copper or bronze.

TRY (10) *Clarins Eye Quartet Mineral Palette in Violet (R450).*



Dark Skin

Lips You don't have to overthink your lipstick shade if you have a deep skin tone, because most colours look amazing on dark skin, says O'Connell. "For natural lips, grab shades like beige and toffee or for a brighter option, opt for vivid rose, fuchsia, red or tomato."

TRY (12) *Maybelline Superstay 14hr Megawatt 135 Flash of Fuchsia (R135).* ■

SCRUB UP

Simple techniques can help your complexion regain its glow

In summer, many women put exfoliation on the back burner for fear of mangling their fake tan or making their skin more prone to sunburn, says dermatologist Dr Nöelle Sherber. Ring a bell? It's time to ease back into exfoliation, but avoid grainy scrubs. "Abrasive granules can irritate skin," says Sherber. Instead, look for a chemical exfoliant containing alpha hydroxy acid (AHA) – go for glycolic, lactic or citric – to slough off dead skin cells and uncover a smoother surface that will reflect light better.

Once a week, exfoliate with *Dermalogica Age Smart Multivitamin Thermafoliant (R790)* followed by *Nimue Purifier (R385)*, which is perfect for congested pores and can be used every day. If you're acne-prone, only use it at night, but, if your skin condition is severe, use it morning and evening – and remember to chase with SPF 50.

Finally, reach for a foundation that dries to a powder finish. You don't need additional powder if you're using this type of foundation, says O'Connell. "The more products you pile on, the drier winter skin tends to be," she says. Try *Maybelline Dream Matte Mousse Foundation (R160)*.



MARK CAMERON; RIANA VOGEL (STILLS); ADDITIONAL REPORTING: HELEN CLEMSON

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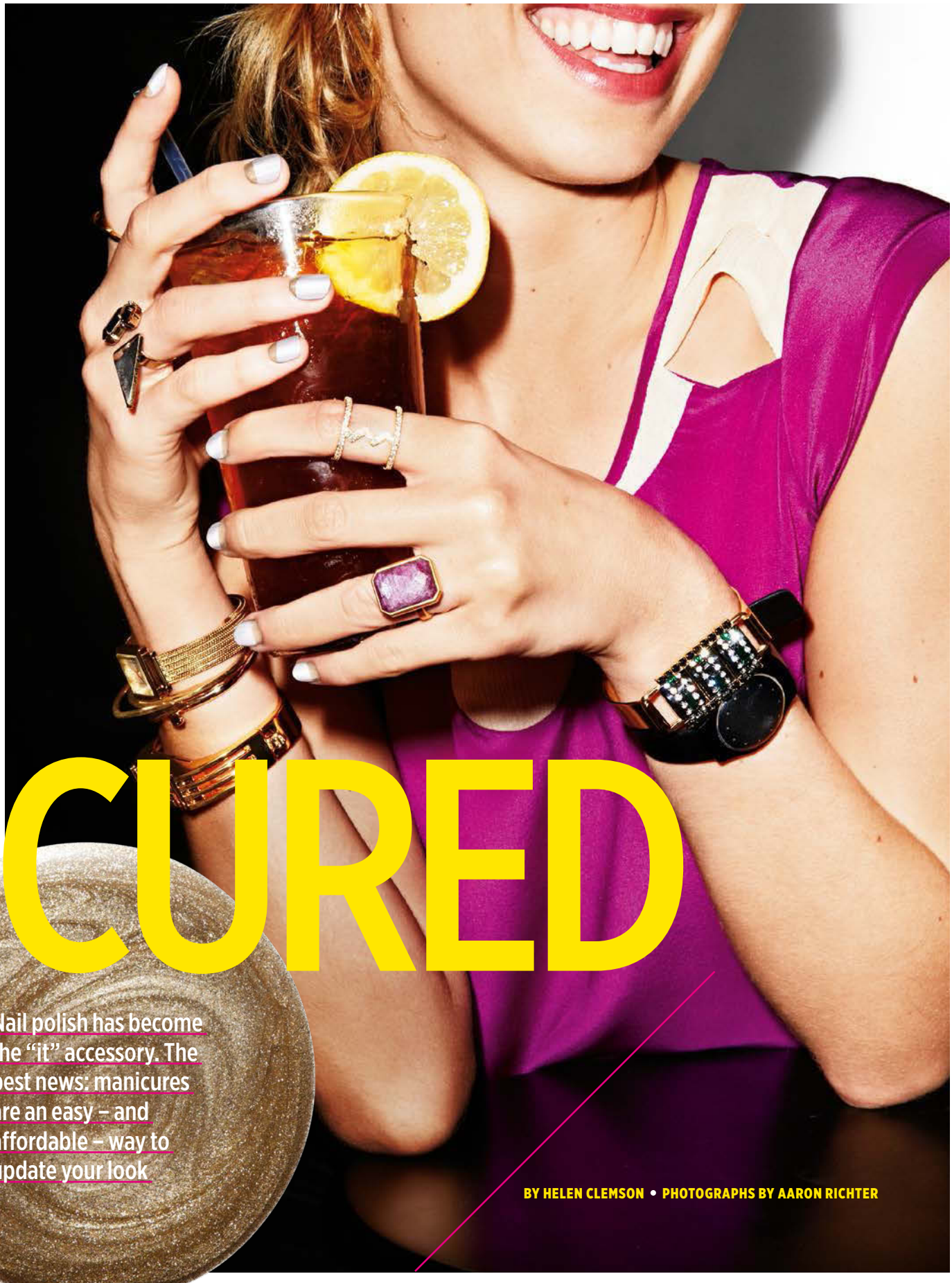
Sorbet
get that feeling



MANI

TREND ALERT: COBALT BLUE

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CURED

Nail polish has become the "it" accessory. The best news: manicures are an easy – and affordable – way to update your look

BY HELEN CLEMSON • PHOTOGRAPHS BY AARON RICHTER

Got 30 minutes?

That's all the time you need to inject your style with something fresh and modern. Enter nail polish, a super-quick solution to reinventing yourself. But it's not just rocking a stylish shade that's got us painting. Having your nails done has become a prime opportunity to catch up with friends, says Keegan Capito, brand manager for Essie Professional SA. Goodbye coffee shop, hello nail bar.

So what's behind the hues on our hands and feet? Are we choosing shades simply for good grooming or for fashion – or even for men? "Generally, women choose a colour *they* feel suits them, flatters their hands or matches an outfit," says Tové de Chazal, co-founder and managing director of FoxBox Mobile Nail Service.

What's more, we're getting far more adventurous than we used to be. While darker colours – classic black, charcoal, grey, deep reds and browns – seem more popular in winter, there are no hard and fast rules, says Jade Kirkel, marketing manager for the Sorbet Group. But, if you're on a trend quest, the latest colours to hit salon shelves are neutrals, pastels, mauves and glitter polishes, she adds. And other big news? Nail accents – think one nail painted a totally different colour, or for a more subtle approach, the same colour in a different tone – says Chazal. "Blue, black and golden tones are a hit and they add something different to the standard manicure," she says. Tip: an accent nail looks best on your ring or baby finger.

THE DEATH OF THE "FRENCH"

With muted shades like neutrals comes the French manicure debate: should we be over it? Like, totally over it? "Nude tones are very popular," says Chazal, but they certainly don't need to be painted over your tips. Not everyone agrees: while there's been a slight dip in requests, women love this classic look as it goes with any outfit, skin tone and nail shape, says Kirkel. Still can't be weaned? Ditch the tired notion that a white stripe is the only way to go. The new twist – a line in a fun colour – is becoming popular, she adds.

BUT IS IT ART?

From press-on nails to DIY kits, an eye-catching design doesn't belong in the Eighties anymore. "Nail art is no longer kitsch," says Capito. It's about making a statement. The look *du jour*? Negative-space nail art (leaving most of the nail colour-free except the moons or tips), says stylist and fashion designer Rachel Zoe. Add a pastel hue and you'll be bang on trend – think melon-coloured moons and the rest of the nail left bare. If you're not blessed with a steady hand, save yourself the stress of painting on an intricate design. Press-on nails – they have an adhesive back and come off when soaked in water or acetone – mean you don't have to be Picasso. Going for glitz? Try Elegant Touch Hey Grey! Accent Studded Nails (R90, available at Dis-Chem).

GLITZ AND GLAM

Inject a little flash into your look with metallic or glitter paint – even if only on an accent nail. "The easiest way to add a bit of interest to your nails, is to paint them in a colour you like, then just add a glitter top coat to your ring fingers," says Candice-Lee Kannemeyer, editor of style blog *In My Bag*. For an option that isn't straight out of a kid's birthday party, try a deep rose gold like Wet 'n Wild Mega Rocks Glitter Nail Color in Waiting For My Solo (R60, available at Clicks). Zoe recommends you get creative: mix metallic hues for a modern effect, she says. "Pair silver jewellery and glimmering eyeliner with bold copper nails softened with a matt top coat."

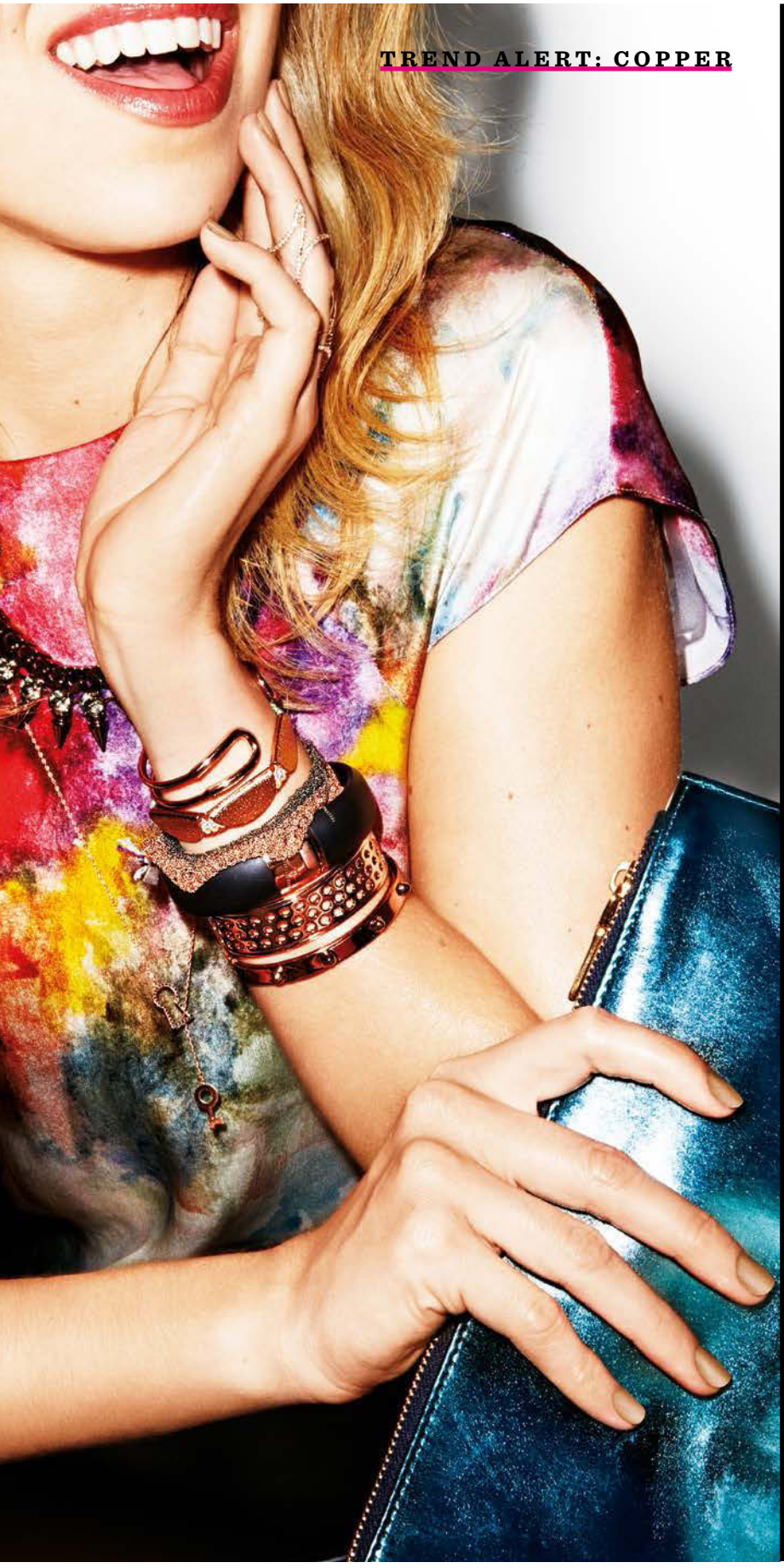
A LENGTHY DEBATE

Short. Square. Squoval. All tried, tested – and loved. Now there's a new nail shape on the block: stiletto. This long and slightly pointy nail is gaining traction, but it's "very dependent on the strength and condition of your nails," says Kirkel. If your nails are weaker, you should go shorter, she recommends. Ready to paint up a storm? Here, five fresh looks to update your manicure:



WH Online
Visit WomensHealthSA.co.za to see what the WH team's partners *really* thought of their manicures.

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READY TO PAINT UP A STORM?

Here, five fresh looks to update your manicure:

1/ COBALT BLUE

see p48

The trend: Navy's livelier sister is chic as long as it's kept simple. Skip the temptation to indulge in fussy designs or nail-art extras, says Zoe.

The technique: Simply paint over a base coat – two layers should do the trick. Finish with a glossy top coat, as this look is high-shine. Try OPI Nail Lacquer in Keeping Suzi At Bay (R170).

2/ GOLDEN PETAL

see p49

The trend: Take your neutral to a new level by adding a thin stripe of subtle gold to the base of your nails. This is especially effective if you have long nails, according to Zoe.

The technique: After painting two coats of petal pink, wait at least two minutes for it to dry. Next, paint a gold strip at the base of each nail – where your moon is, but not touching the cuticle. Finish with top coat to lock in the colour. Try Bobbi Brown Nail Polish in Pink Sheer (R165) and Catrice Cosmetics Ultimate Nail Lacquer in 650 Goldfinger (R50, available from Dis-Chem and Spree.co.za).

3/ PALE GREY

The trend: Bored with baby pink or buff polish? A cool stone grey is a way to branch out but still play it safe, says Zoe. It's also muted enough to wear to work, especially if your office has a suits-only dress code.

The technique: Again, this is a colour that's best worn glossy. Want to liven it up? Add a shatter coat. For the best greys, try Morgan Taylor in Simply Spellbound or the darker, more blue-based Dress Code (R123 each, available at Dis-Chem).

4/ CHEVRON NAIL ART

The trend: Celebrity manicurist Michelle Saunders designed edgy chevron nail art for designer Rebecca Minkoff's show at New York Fashion Week. The look features pinky-nude, rich-berry or grape and navy or electric blue polishes. Painted on the tip of the nail only, they create a negative space design.



The technique: Apply a base coat followed by a coat of nude. Create the chevron pattern by painting a berry reverse V in the middle of the nail and a blue reverse V at the edge of the nail. Try Essie Nail Polish in Mademoiselle, Bordeaux and Style Cartel (R125 each).

5/ COPPER

The trend: Muted metallics work for day and night. The go-to colour this season: copper worn on quite short nails.

The technique: After painting on your coppery hue, subdue the shade with a matt top coat – this immediately softens the look. Try Revlon ColorStay Gel Envy in Jack Pot (R110) and Chanel Mat Top Coat (R365). ■

How To Buy Fragrance For Your Fella

Has your guy been spraying on the same cologne his mom bought him for his twenty-first? It's time to help him upgrade

By Helen Clemson

Manfume is a brave, new world. Gone are the days when lads had only one scent, worn on special occasions alone. A variety is becoming a requirement, says Max Priebatsch, marketing manager for Procter & Gamble Prestige at African Sales. And while we know there's a time and place for different scents, our men are sometimes a step behind. Do your research before treating him to something new, says *Men's Health*'s fashion and grooming editor, Azeez Jacobs. "Eau de toilette (EDT) has better staying power on skin," he says. And, shop in the morning. "Not only are your senses sharper, the air in the store won't be full of other fragrances, making choosing easier." Don't be afraid of picking something he's never considered before. Here are some fresh ideas he'll love you for:



Make him...
Have better sex

(1) Joop! Homme Extreme (R540 for 75ml EDT) has been created with a "hot skin accord". Added to spices and wood are black cocoa notes, apparently used to intensify play beneath the sheets. Perhaps buy an extra bottle in case the first runs out too quickly...

Help him...
Help you

Citrus scents have been found to reduce anxiety in women. And men love them too. "A fresh citrusy scent appeals to most men," says Jacobs, who explains that citrus is invigorating, making it a good choice for work and play. Find top notes of lemon in (2) Azzaro Club Men (R745 for 75ml EDT).

Make him...
More generous

People spend more when they smell a floral scent. (3) Ralph Lauren Polo Red Intense (R1 245 for 125ml EDP) is laced with orange flower, but thanks to base notes of wood, roasted coffee and leather, it's still extremely masculine.

Help him...
Smell seductive

Michael Edwards, fragrance evaluator and author of the annual industry guide *Fragrances of the World*, says: sex always sells. Seek out a provocative ingredient in the heart note like *moepel* wood from our red milkwoods. Find it in (4) Dolce & Gabbana Intense Pour Homme (R1 355 for 125ml EDP).

Help him...
Get ahead at work

Spicy scents can increase blood flow to the brain. Stronger notes like woody, Oriental and *fougère* (French for fern) are likely the highest performing combination of bases, says Priebatsch. They make an impact when first sprayed and stick around longer, he explains. (5) Lacoste Eau de Lacoste L.12.12 Jaune (R945 for 100ml EDT) has an aromatic-woody base made with cypress accords.



Nudge, nudge, wink, wink!

Want him to buy you a special fragrance? Hint at Prada Candy Florale (R980 for 50ml EDT). It's a super-easy-to-wear floral with a blend of limoncello, peony, musk, benzoin and caramel.

RIANA VOGEL

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Drew Tuscan Brown R1 519; Narcissa Tuscan Brown R1 519

Johry Batt
Men's Health
cover guy winner,
personal trainer,
Hubafitness.co.za

Tamryn van Houten
Ballerina, Cape Dance Company

BREAK NEW GROUND

Poe Bering Sea R1 719; Midi Bitteroot R1 969

Capture the essence of resilient, slick city style with Cat's new range of footwear

Shoes fit for sidewalk strolling to market meandering and then a night on the town – Cat's new range of footwear will take you from street-savvy to street-sexy. Made from long-lasting, high-quality materials, these boots and mid-top sneakers are as versatile – pair them with a bohemian white dress or faded skinny denims – as they are comfy. So put on those suede shoes!

GLEN MONTGOMERY: JERSEY AND SWEAT TOP, SCOTCH & SODA

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COMFORT

COLD

LOOK COOL AND STAY WARM WITH THESE KEY ITEMS THAT WILL NOT ONLY SEE YOU (AND YOUR GUY) THROUGH THE SEASON, BUT WILL BECOME STAPLES FOR YEARS TO COME

By Mari Groenewald //
Photographs by Neil Roberts



ELEN (LH) Check shirt, R350, RE: at *Woolworths*; jacket, R2 499, *Levi's*; pleather pants, R899, *Guess*; sunglasses, R1 200, Burberry at *Luxottica*; ear cuff, R99, *American Swiss*; rings, from R160, *Tessa Design*; watch, R2 999, Marc by Marc Jacobs at *S Keren Watch Group*

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ARMED FORCE

Be it a parka or a zip-up bomber, the military jacket is an easy pair-up with denims and pleather pants.

CAMILLA (RH) Striped top, R449, *River Island*; jacket, R399, Jay Jays at *Stylemology.com*; denim shorts, R349, *Cotton On*; sunglasses, R4 800, Tom Ford at *SDM Eyewear*; multi-string necklace, R200, *Lovisa*; stacked rings, R169, *Accessorize*; Canteen watch, R8 750, TW Steel at *Luxco Importers*



FUR EVER YOUNG

A shaggy gilet is easy to throw on top of almost everything, but if you prefer a subtler approach, try a shearling trimmed jacket.

ELEN Shirt, R350, *Old Khaki*; shearling jacket, R2 499, Yaya at *Pacific Group*; jeans, R1 999, *Calvin Klein*; sneakers, R700, *Superga*

CAMILLA Sweater, R600, *Reebok*; faux-fur gilet, R699, RE: at *Woolworths*; jeans, R170, *Mr Price*; hat, R249, *Cotton On;* brass arch bracelet, R480 and brass-and-bead bracelet, R350, *both Noble*; high-top sneakers, R750, *Superga*

HE WEARS Top, R299 and beanie, R99, *both Cotton On*; jeans, model's own; sneakers, R999, *Trenery*

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YOUR KNIT WORTH

Oversized and chunky are still leading the runways, while mohair necks are all the rage for a chic, classic look.



CAMILLA Jersey, R2 199, *Mari and Me*; pleather skirt, R1 299, *River Island*; watch, R1 999, Skagen at *American Swiss*; double knuckle ring, R100 and clutch, R340, *both Colette Hayman*

ELEN Knit, R559, *Zara*; pleather skirt, R699, *Guess*; ear cuff, R130, *Lovisa*; thin multi-stack ring, R299, chunky rings, R549 (for set of four) and flat-top ring, R299, *all Country Road*

HE WEARS T-shirt, R149, *Cotton On*; leather jacket, R6 000, Tommy Hilfiger at *Stuttafords*; cuffed pants, R399 and beanie, R99, *both Cotton On*

TAILOR-MADE

Inspired by menswear, tailored garments are *de rigueur*. Invest in a pair of tailored trousers – they'll pair as easily with trainers and a sporty top as your fave old pair of jeans.



ELEN Vest, R249, *Mango*; sleeveless coat, R859, *Zara*; trousers, R599, *Sissy Boy*; snood-hoodie, R749, *Mari and Me*; ear cuff, R99, *American Swiss*; necklace, R100, *Colette Hayman*; cuffs, R160 (for set of two), *Lovisa*; bag, R1 400, Polo at *Stuttafords*; metallic sneakers, R499, Ginger Mary at *Truworths*

CAMILLA Top, R699, *Label Collections*; pants, R749, *Topshop*; necklace, R50, *Mr Price*; watch, R449, Tempo at *Sterns*; brushed-oria geometric ring, R700, *Noble*; loafers, R999, *River Island*

HE WEARS Shirt, R800, Guess and tailored blazer, R5 000, Banana Republic, *both at Stuttafords*; track pants, R380, Uzzi at *Truworths*

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STRAIGHT A-LINE

The classic A-line shape is as comfortable as it is flattering, with a slight flare from the waist down. Pair an A-line mini with opaque tights or over-the-knee socks for a fun throwback to the Sixties.

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ELEN T-shirt, R180, RE: at *Woolworths*; blanket coat, R699, Next at *Spree.co.za*; shorts, R700, Gap at *Stuttafords*; long chain necklace, R329, *Zara*; leather booties, R1 990, *Europa Art*

CAMILLA T-shirt, R180, RE: at *Woolworths*; hooded cape, R1 399, *Trenery*; jeans, R559, *Zara*; infinity necklace, R399, *American Swiss*; bracelets, from R499, *American Swiss*; ring, R5 960, Thomas Sabo at *Treger Brands*; booties, R499, *Truworths*

HE WEARS Mélange T-shirt, R179, *Cotton On*; denim jacket, R2 999, *Calvin Klein*; track pants, R700, Guess at *Stuttafords*; shoes, R899, *Old Khaki*

OPPOSITE PAGE
ELEN Dress, R799, *River Island*; knee-high socks, R99, *Cotton On*; watch, R449, Lanco at *S Bacher & Co*; stacked rings, R549 (for set of four), *Country Road*; ankle boots, R2 490, *Europa Art*

CAMILLA Shirt, R1 999, *Calvin Klein*; pleather dress, R759, *Zara*; knee-high socks, R99, *Cotton On*; rings, R170 (for set of six), *Zuri*; double ring, R199, *American Swiss*; bag, R1 700, *Ted Baker*; shoes, R2 690, Preview at *Europa Art*

HE WEARS Mélange T-shirt, R179, *Cotton On*; cardigan, R2 499, *Jigsaw*; jeans, R1 999, *Calvin Klein*; watch, R3 299, Diesel at *American Swiss*; sneakers, R1 300, Lyle & Scott at *Stuttafords*

HAIR AND MAKE-UP: CARL ISAACS USING ROOT/BIRD ON A WIRE; MODELS: CAMILLA/VISION, ELEN/FULL CIRCLE AND MORGAN/BOSS; FASHION ASSISTANT: MARILIZE UYS

IT'S A WRAP

Winter's quintessential outer layer: the blanket coat. Wrap it around yourself for an opulently elegant look that's as snug as a bug in a rug.

YOUR SHOPPING LIST

SNAP UP THESE ESSENTIALS FOR FOUR MORE WEEKEND LOOKS

1 SHEER TOP

Add a little drama by channelling your inner-Goth – think delicate black lace, which can be dressed up or down.



Lace top, R399, Bombshell at *YDE*

WEAR IT WITH...



Felt fedora, R799, *Pringle of Scotland*



Kimono coat, R1 399, *Zara*



Rose-gold watch, R3 999, Marc by Marc Jacobs at *S Keren Watch Group*



Skinny jeans, R799, *Forever New*



Shoe boot, R599, *Luella*

2 CHECK SHIRT-DRESS

So flannel check is everywhere, but you're not sure how to wear it? A shirt-dress is more feminine than lumberjack.



Check shirt-dress, R450, RE: at *Woolworths*

WEAR IT WITH...



Leather strap watch, R1 595, Sissy Boy at *CJR Gift Sales*



Leather jacket, R2 599, *Zara*



Embroidered travel bag, R1 199, *Accessorize*



Anette ankle boot, R1 499, Cat at *Cape Union Mart*

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3

SWEAT DRESS

If you love the sport-luxe trend, a sweat dress is the quickest way to update your wardrobe.



Sweat dress, R130, *Mr Price*

WEAR IT WITH...



Chunky beanie, R150, *Old Khaki*



Kickback sunglasses, R1 900, *Oakley*



Quilted zip-up jacket, R2 799, *Poetry*



Sling bag, R399, *Truworths*



Luxe lace-up, R380, *Foschini*

JAMES GARAGHTY

4

PUFFER JACKET

A down puffer is super-lightweight for the amount of warmth it provides and it screams sexy street style.



Down jacket, R1 599, *Old Khaki*

WEAR IT WITH...



Denim shirt, R360, *Foschini*



Backpack, R899, *Accessorize*



High-rise skinny jeans, R499, *Cotton On*



Brace high-top sneaker, R2 699, McQ at *Puma* ■

For stockists, go to page 144

NOW AT WomensHealthSA.co.za



The Low-Down On Your Sex Life

Want to know how many of your saucy sisters have engaged in oral sex while driving, fantasised about sex in public, or think doggy style is the bee's knees? Find out what our annual sex survey revealed at WomensHealthSA.co.za/sex-love

BEHIND THE SCENES



CATCHING UP WITH COBIE

Watch our cover star in action here! Go to WomensHealthSA.co.za/videos



Win Weekly!

This month we have some seriously sexy prizes up for grabs, plus gorgeous Pandora jewellery. Visit WomensHealthSA.co.za/win-weekly to enter. Ready? Go!



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WH ONLINE DAILY

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FROM TOP LEFT: GALLO IMAGES/GETTYIMAGES.COM; ERIC RAY DAVIDSON (COBIE)

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SEX&LOVE SPECIAL

Women's Health

WHAT MEN WANT



- MH GUYS' JUICIEST SECRETS YET...
- ... AND HOW TO STOP ONE BLOWING UP IN YOUR FACE
- UNSOLICITED ADVICE? TAKE IT!
- THE PORNIFICATION OF FITNESS

+ 2015'S HOTTEST (AND SWEETEST) BACHELORS

TOM CORBETT

WHAT MEN WANT



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WHAT HE'S REALLY TRYING TO TELL YOU

BY KIRSTY CARPENTER

THINK YOU KNOW YOUR GUY? MAYBE SO... BUT, UNDERNEATH HIS **CHARM AND GOOD LOOKS,** IS SOMETHING A LITTLE BIT **DEEPER** – AND PERHAPS A LITTLE BIT **DARKER**

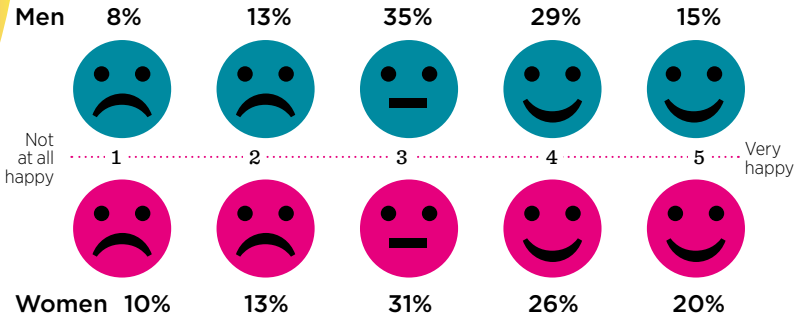
TRUNK ARCHIVE

Once upon a time, sex was so taboo that books were banned because of it and Madonna was censored. These days, it's everywhere you look: online, in mags, on-screen and in stores. It's simple: sex sells.

But what does that mean for us? Are we really as sexually liberated as the media makes us out to be? Does the majority have a secret stash of whips and chains? And what do guys really think about it all?

We asked 1 500 *Men's Health* readers everything about their sex lives – and found some surprising (and some obvious) results. And, of course, we couldn't help comparing them to you, our WH readers, in our 2015 annual Sex Survey.

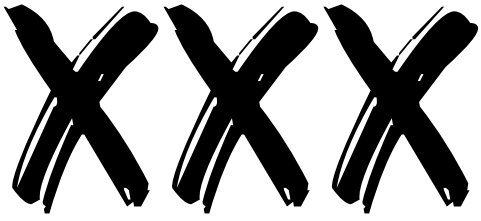
On a scale of one (not at all) to five (extremely),
how happy are you with your sex life?



PREMATURE EJACULATION:
24%
OF MH READERS' BIGGEST FEAR DURING SEX

NOT GETTING IT UP:
19%
OF MH READERS' BIGGEST FEAR DURING SEX

44%
of married men rate their sex lives as very good or excellent



33% of men*
expect to have sex after the third date,
compared with 65% of women

*The majority of men only want to sleep with you once you're comfortable. Bless.

"I don't want anything to do with sex toys"

Sound like your guy? Since toys are everywhere from blockbuster movies to Dis-Chem, tell him you saw something on TV or read an article about heating things up between the sheets with a vibrator and ask him if he'd want to try it out, suggests Dr Lori Buckley, author of *21 Decisions for Great Sex and a Happy Relationship*. That way he knows the vibe isn't replacing him and he's not doing anything wrong – you're just curious. *wink

OH-OH-NO?

41%
of MH readers think their partners never fake orgasm. But
56%
of you say you do

"An orgasm is the epitome of letting go"

Ironically, the more someone worries about climaxing, the more stress it creates, explains Dr Laura Berman, author of *It's Not Him: It's You.*

Stars in their eyes
The most popular celeb fantasy award goes to:



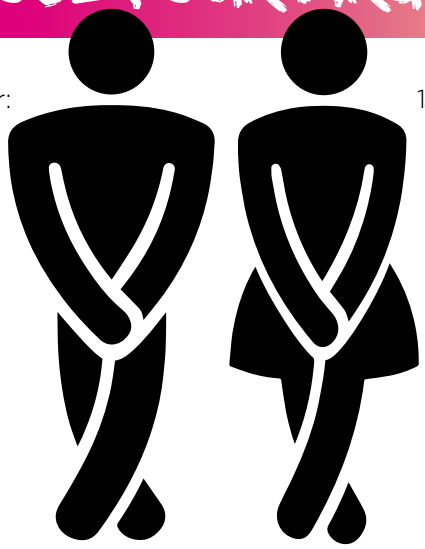
Jennifer Aniston | Jessica Alba | Mila Kunis | Scarlett Johansson | Boity Thulo

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WHEN DID YOU LOSE YOUR VIRGINITY?

15 or younger: **16%**
16 to 18: **43%**
19 to 21: **28%**
22 to 25: **11%**
26 or older: **3%**



15 or younger: **9%**
16 to 18: **47%**
19 to 21: **30%**
22 to 25: **11%**
26 or older: **3%**

WHAT MEN WANT



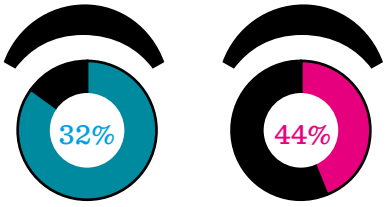
2%
OF MH READERS DON'T DEFINE ANAL SEX AS SEX

Keen to try it?

Relationship therapist Dr Traci Coventry advises that you maximise the experience by relaxing, ensuring you're both well-lubricated and making sure penetration is slow and gentle.

To what extent do you agree or disagree with this statement?

PORNOGRAPHY is a harmless addition to a healthy sex life

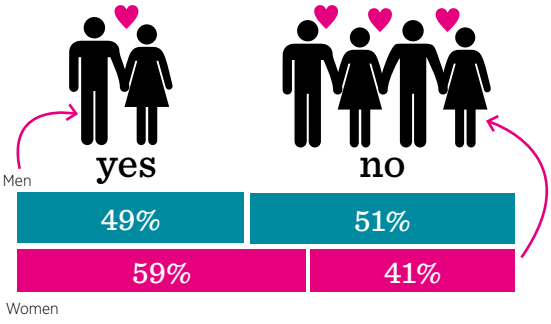


Men who agree — Women who agree

HIS IDEAL SEX SUPERPOWER

> Ability to get any woman into bed: **47%**
> Lasting longer: **34%**
> A bigger penis: **18%**

Are humans designed to be **MONOGAMOUS?**



Men weigh oral sex against other treats... oral sex almost always wins



80%
OF MH READERS WOULD RATHER GET A BLOW JOB THAN HAVE THEIR FAVOURITE SPORTS TEAM WIN A GAME



76%
OF MH READERS WOULD RATHER GET A BLOW JOB THAN GO FOR AN ALL-EXPENSES-PAID STEAK DINNER



24%
OF MH READERS WOULD RATHER GET A BLOW JOB THAN A RAISE AT WORK*

*FYI: 72 percent of WH readers would choose a raise over sex!



WOOF!
It's unanimous: both sexes voted doggy-style as their favourite position. Perfect for quickies!

48%
of MH readers are circumcised; of these, only **13%** say it's affected their sex life

ISTOCKPHOTO.COM

SOUTH AFRICA'S MOST ELIGIBLE BACHELORS*

Ask anyone what South African men are like and you'll hear: hot! True, but they're also smart, kind, funny – and offer so much more than eye candy (okay, that doesn't hurt). We asked some of our favourite women (DJs, businesswomen, models) to nominate unmarried SA men who deserve to be celebrated. These are their picks...

By Michelle October and Kirsty Carpenter



Azhar Suleman

@azhar_suleman

A model extraordinaire, Azhar still gets giddy when he sees himself in a magazine. Humble is just who he is and he loves being outdoors because it keeps him grounded. He's got an insanely chiselled jaw-line and drool-worthy abs, but that's not all: Azhar is also pretty handy to keep around – he can fix almost anything. We say he's a keeper.

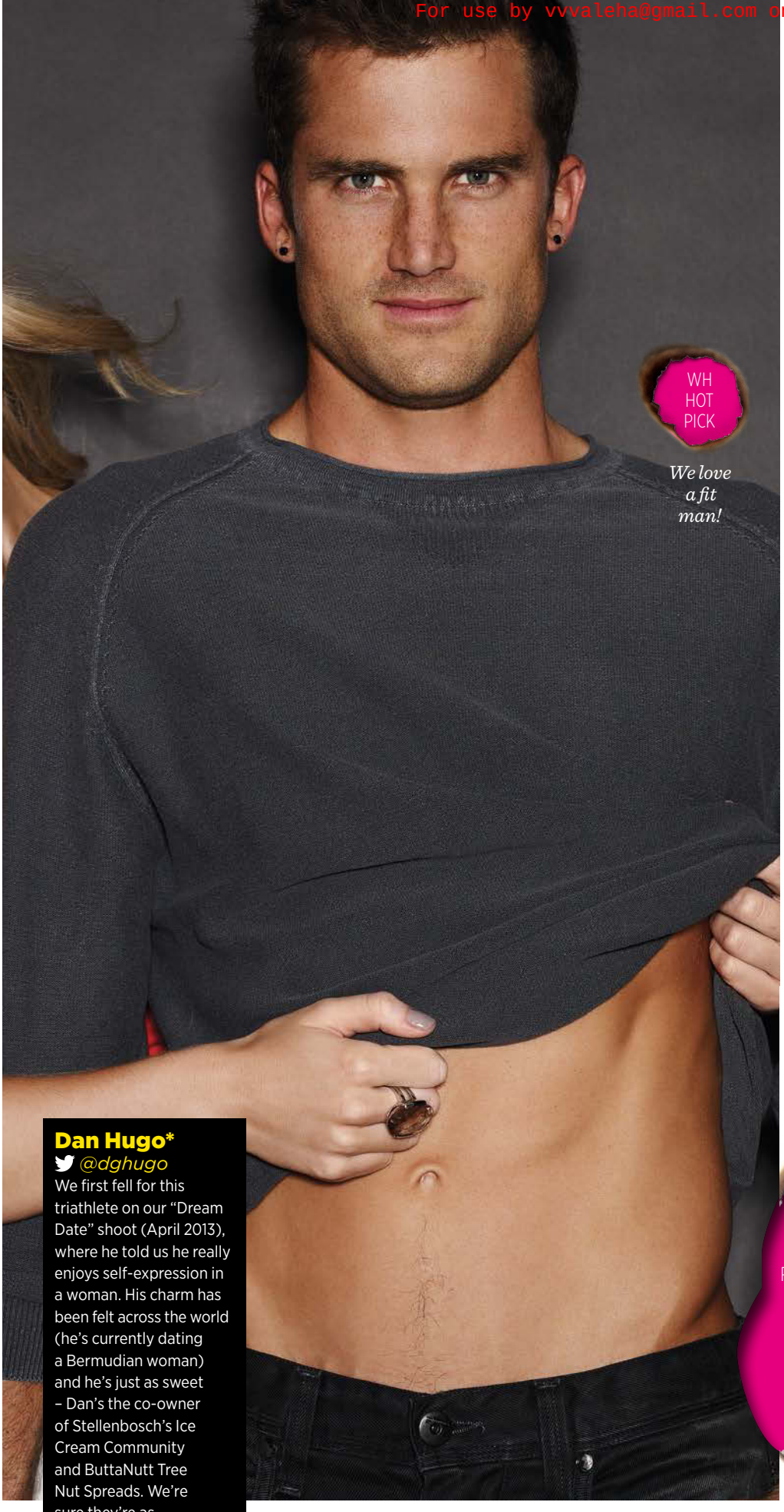


Brian Kent McKechnie

@briankent79

If you're a sucker for big cities and the café life, meet Brian. An urban-dweller who is romanced by the inner city, this architect can be found hanging out at coffee shops in downtown Joburg, watching the city bustle and pulse while pretending he's on Park Avenue. He's a travel addict. He's artistic. He's gorgeous. What more could a girl want?

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WH HOT PICK

We love a fit man!

Dan Hugo*
@dghugo
We first fell for this triathlete on our "Dream Date" shoot (April 2013), where he told us he really enjoys self-expression in a woman. His charm has been felt across the world (he's currently dating a Bermudian woman) and he's just as sweet – Dan's the co-owner of Stellenbosch's Ice Cream Community and ButtaNutt Tree Nut Spreads. We're sure they're as delicious as him!



Jason Goliath
@JasonGoliath
Funny man Jason Goliath has been nominated for three SA Comics' Choice Awards, which is impressive considering he's only been in the game for three-and-a-half years. Making you laugh isn't the only reason he's a great catch – Jason prefers rom-coms over action movies (score!), will sing to you and can outrun all of his skinny friends.



Reyn du Preez
@reyndupreez
When he's not being photographed topless, luscious locks fluttering in the breeze, and putting your boyfriend's Instagram to shame, you can find him being decidedly normal, skating and surfing. He's also a self-professed phenomenal cook and can serenade you in the shower. Just one question, Reyn: when can we move in? >

***STATUS UPDATE**
THE WORD "BACHELOR" REFERS TO AN UNMARRIED MAN. WE CHECKED WITH OUR NOMINEES, AND FOR THE SAKE OF THEIR RELATIONSHIPS, THOSE WITH GIRLFRIENDS ARE MARKED WITH A *. DON'T WORRY – PICKINGS ARE FAR FROM SLIM!

GREATSTOCK/MASTERFILE: MARK CAMERON (DAN); EARL MARTIN (JIMMY); LUKE KUISIS (REYN)

WHAT ~~MEN~~ WOMEN WANT

WH HOT PICK

... A bit of a flirt.



Lunga Shabalala

@lunga_shabalala

He was part of last year's list, but we love him so much, we couldn't help but include the (now single) Lunga again. He admits he's a terrible dancer, but a car fanatic (he's co-host of SABC3's *The Man Cave*). Although he spends time around macho cars all day, he's a softie at heart – the most important person in his life is his mom, and his most prized possession is a picture of his late grandparents. We could definitely drive into the sunset with him.



Steven Michelsen

@steven_michelsen

This tattoo-addicted surfer boy has crossed all the oceans, visiting every continent except Antarctica. If you're a beach lover, he's all yours, but be warned: you'll have to make space in your cupboard for his 200 pairs of trainers. And, *ag* shame, his brother's his hero. Cute.



Nic Rasenti

@nicrasenti

Nic seems to be the perfect guy: he's a self-proclaimed sensitive bloke, spends his free time lazing at the beach, listens to the blues and can even recite a few lines of his favourite poems to you! A personal trainer, Nic's been putting that chiselled bod to good use – he's an action movie actor, most well known for the high-octane *Sniper: Reloaded*. We're not sure why he's single... His favourite TV show is *Friends* – any girl would love to curl up with him!



Stanley Gabriel

@stanleygabriel

This fun-loving wino and big-time foodie loves travelling and dining out, and his secret chilli-bean recipe is a hit at braais. With luscious full lips and an array of sexy suits, it's a pity we don't see him more often – he's working on contract in Lagos – but when he's in town, you'll find him either on the tennis court, at the Saxon pool or eating steak at Wombles. Order a bottle of Scintilla and you'll win him over instantly.

GARRETH BARCLAY (LUNGA)

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WH HOT PICK

We love men who can cook!



Matt Manning

@MattManningChef

Chef extraordinaire and born romantic, Matt came to SA in pursuit of a girl he was dating. It didn't last, but he fell in love with Cape Town and opened up his own supper club called One Ingredient. He's also worked for Gordon Ramsay – so the man can handle pressure. In fact, he thrives on running his kitchen, preparing course after course of magnificent morsels. Polished off with some red wine, of course.



Matt Miller

@mattmillersa

Matt's got a killer jaw-line and an incredible swimmer's body, so no surprises that he's an international model, but did you know that he's also a sweetheart? Having grown up with two older sisters, Matt is schooled in the nuanced art of listening to us females, and as a kid he knew the steps to Britney Spears' music videos. What an adorable goofball...



Larry Cohen

@Larry_Cohen

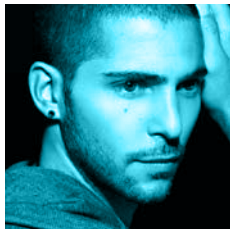
Born in Joburg and of Lithuanian descent, Larry's soccer career is taking off. He's a member of the Moroka Swallows and has recently been called up as a member of the Lithuanian national soccer squad. His ambition matches his taste in women – he loves a confident gal who can make him laugh. When he's not scoring goals on the field, he's jet-setting around the world – Larry aims to travel at least once a year. Please Larry, take us with you!



Aidan Whytock*

@aidanwhytock

A lover of Peanut Butter Bomb smoothies at Kauai (you may recognise him as Burt Waikiki) and Southeast Asian food, Aidan is not without his fair share of (really cute) quirks. When he acted opposite Claire Danes and Academy Award nominee Michael O'Keefe, all he could think of was trying his best not to stuff it up... and sausages. He also cried watching *How to Train Your Dragon*, but we just can't judge that adorable face.



Richard-Dean Sumares*

@crawlproject

At *Women's Health*, we love to keep moving, so it's important that our man moves with us. Richard-Dean, founder of the Crawl Mobility & Strength Project, can definitely keep up. A lover of primal body movements, he's often spotted balancing on his muscular arms, and you won't have to drag him to yoga class. His green eyes and eight-pack (you can actually count them!) certainly don't hurt.

MORE THIS WAY >

SAMANTHA DU TOIT/SAM@STPHOTOGRAPHY.CO.ZA (MATT)

WHAT ~~MEN~~ WANT WOMEN



WH HOT PICK

We love a funny guy.



Jimmy Nevis

@JimmyNevis

A breakout act from Cape Town, Jimmy stole our hearts with his sweet first single, "Elephant Shoes", a romantic play on words – if you read his lips, it looks like he's saying, "I love you" (swoon). While he's been nominated for a SAMA and is a regular hit on the airwaves, Jimmy's not stopping there – on his bucket list is a Grammy win and an ambitious climb up Mount Kilimanjaro! Not to mention he's proud of his roots – his newest single, "7764", is an ode to Athlone, a suburb in his hometown. What makes our hearts melt even more is how close he is to his mom – Jimmy still goes to her for advice when he needs a confidant. Aw!



Timothy Hutchinson

@timhutchMusic

Mr Hutch, as his students know him, started The Nomadic Orchestra. While the band continued to garner enormous success, Tim felt the need to break away. Now, he teaches maths in the rural village of Zithulele, where he's also started a choir, and is raising funds to renovate derelict classrooms. Plus, he's got a dreamy beard to match his guitar and novice photography. We think he's too good to be true...

Tapfuma Makina

@TapfumaMakina

Hulking, tall and downright hilarious, Tapfuma's had us swooning since he took to the airwaves as part of Heart 104.9 FM's line-up. He's also a bit of a wild card – in 2010, he braved the chilly spring ocean and took a dip wearing nothing but a bright green mankini! Extreme manliness aside, Tapfuma can serenade you with his deep, soulful voice. We're sold!



Temba Bavuma*

@tbavuma10

If you're a cricket fanatic, you're probably mad about Temba. Growing up, Temba was passionate about soccer, but since then he's scored immense success as a cricketer on the national squad. At 24-years-old, he's a pretty accomplished guy – he's got a degree in financial management and DJs in his spare time.



Nic Pletts

@nicpletts

Nic thrives on the thrill of the unknown, which is not surprising seeing as his range of talents extends to holding a degree in accounting science, playing provincial rugby and waterpolo, and modelling internationally. He doesn't stop there – on Nic's bucket list is skydiving and a host of cities he wants to visit. We can't keep up!

LUIGI BENNETT (TAPFUMA)

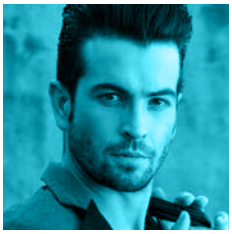
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Wade Cowan*

@wademaximus09

Don't let Wade's serious, sartorial look fool you – this model, actor and designer is actually a sweetheart inside. When he's not in front of the camera, Wade loves to spend time with Murdoch, his adorable Scottie dog, playing Frisbee on the beach. It doesn't hurt that he cleans up so well and can give a girl a killer foot massage... He may be taken, but a girl can look, right?



Armand Aucamp

@armandaucamp

Wondering where you've seen him before? Try any one of these popular screen gems: *Homeland*, *Chronicle* and the critically acclaimed film *Long Walk to Freedom*. Most recently? The film version of *Ballade vir 'n Enkeling*. His talents extend to another medium of expression – Armand's an accomplished pianist and saxophonist. He's also pretty impressive in the swimming pool, which we can't complain about at all.



Brett Soulman

@BrettSoulman

If you have any idea where Phú Quôc is, you're probably Brett's soul, er, mate. Known for his bunless ostrich burger served on a giant mushroom with avo, the Havaianas SA brand manager has cooked his way into our carb-free hearts. His favourite topics: the Far East and autobiographies (if you happen to get your hands on, say, a signed copy of Anthony Kiedis' *Scar Tissue*, he'd probably propose on the spot).



Ryan Jared Ali

@RYjaredAN

Having started his own company at the age of 15, Ryan is no stranger to business. In fact, he's a total all-rounder: a whizz with your cocktail, master chef and a *very* well dressed man (he runs the debonair online menswear portal, The Curator). But don't let his thoughtfully crafted outfits intimidate you: he loves a good cuddle and some *Game of Thrones* too. Bonus: he can make you laugh and won't shy away from meeting your pops. Yes, please!

THE NOMINATING PANEL

The WH team had a little help from our friends...

> **Lorinda Voges,** CEO, celebrity and brand management company 4ElementsMedia

> **Kerryn du Rand,** model and make-up artist

> **Pippa Lovemore,** PR coordinator, Clarins Group SA

> **Angel Blythe Campey,** comedian

> **Verashni Pillay,** associate editor, *Mail & Guardian*

> **Keri Miller,** Heart 104.9FM DJ

> **Chanel Ponto,** PR and operations director, Press Room PR and Sourcing Studio

> **Rozanne McKenzie,** TV/radio personality, Jacaranda FM



Andile Gumbi*

@azamgumbi

You may recognise him as Zweli Ntshangase on *Isibaya*, but in 2004, Andile left our shores to star as the adult Simba in Broadway's *The Lion King*. He's since met the Queen, is still the face of *The Lion King* internationally and most recently starred in the six-part miniseries *The Book of Negroes*. That really is a circle of life... The reason we love him? In February, he tweeted: "The grass is NOT always greener on the other side. Love, respect and stay faithful to the one you're with. #RealMenDon'tCheat." Plus, that smile doesn't hurt.

Gerald Clark*

@thegeraldclark

Blues singer and songwriter, Gerald is a free spirit who loves hiking, kloofing (occasionally swimming *sans* clothes) and surfing. He also loves horses and helped evacuate some during the Cape fires in March. His thrusting dance moves and rocking guitar riffs will have you swooning in a second. Never has a ginger afro looked so sexy. ■

WH HOT PICK

We love men who can sing.



VETMAN DESIGN & PHOTOGRAPHY (GERALD)

WHAT MEN WANT



HIS TWO CENTS

Hearing out your partner's unsolicited advice could help bring you closer *By Faye Brennan*

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You love it when your guy shares his dessert with you. And his jacket. And his house key! But if US studies are anything to go by, you probably don't love him sharing his unrequested advice. Researchers surveyed couples over the first seven years of marriage and found that the more husbands and wives gave each other unwanted input, the less satisfied they were with their relationship.

They found the "offence" breeds frustration, anger and overall marital misery over time, according to study author Dr Erika Lawrence. But, rather than giving in to cranky annoyance, why not do something shocking – like letting him help? Start by following this three-step guide to placing more value on his two cents.

STEP 1

Help him help you

You were late for work, stuffed up in an important meeting and spilt coffee on your dress – all before lunch. What you want is to vent about how truly crappy your day was without having to hear, "You should really stop pressing the snooze button, babe." On the other hand, if your best friend is giving you the cold shoulder out of the blue, you may want your guy's opinion on what her problem is and how to handle it.

It's helpful to know the difference between those two desires – venting versus seeking guidance – and to recognise which one you're looking for. Then you can communicate it to him. "There's an assumption that, if my partner loves me and we have a good relationship, they will know how to respond – and that's just not true," says Lawrence.

In reality, when you start huffing about a dilemma, "men often just don't know what to do," says Dr David Posen, author of *Always Change a Losing Game*. "They're usually in fix-it mode, thinking in a logical, problem-solving way – so emotional nuances may go right past them."

Your plan: once you have his undivided attention, say, "I'm really upset about something and I just need to vent for a few minutes, though I'm not asking you to fix it for me." Or "I'd like to know how you would handle this situation." With this preface, your partner will clearly get what's expected of him upfront, says Posen, and it's more likely you'll receive the support you're after.

STEP 2

Make room for natural instincts

Even if you make your wishes known, your guy may not be able to resist the urge to chime in with his own suggestions. "Most men suffer from performance anxiety about everything," says Dr Mark Goulston, author of *Just Listen: Discover the Secret to Getting Through to Absolutely Anyone*. "So when you're sharing something that has you emotionally upset or charged, he's feeling pressure to help you by finding a solution."

Instead of helping, those efforts often strike every anger chord in your body. Here's why: "There's an implication that we aren't able to figure out what to do on our own – that we have to be taken care of, or told what to do," says Lawrence. Plus, if he's offering advice on a topic he's not an expert in (say, he tells you which route to take when you call to say you've hit traffic on the way home from work), then his suggestions are even more likely to irritate you, according to a study in *Marketing Science*.

really LISTEN

We can all use a little refresher on how to pay attention when someone's talking to us. The next time your guy starts blabbing – whether it's about his irritating colleague or a serious problem with a family member – follow these tips from Dr David Posen to stay tuned in:

1 BE IN THE MOMENT

Avoid cracking a joke or changing the subject. If he's been talking for a while and you want clarity, just say, "What I'm hearing you say is..." This way, you can add to the convo and he can clear up any grey areas.

2 MAKE SURE IT'S THE RIGHT TIME

If you're making dinner and your guy wants to talk, you may miss parts of what he says. "Ask if he can wait so you can give him your attention," says Posen.

3 DON'T RUSH IN WITH YOUR OPINION

Before you launch into what you think, make sure he wants to hear it. Ask, "Do you want my feedback?" If he says yes, offer your advice. If he says no, just tell him that you're happy he told you about it.

4 KEEP YOUR EYES ON HIM

Maintaining eye contact signals that you're focused on what he's saying. "Don't look out the window," says Posen, "and definitely not at your electronics."

When you start *huffing about a dilemma,* men often just don't know what to do

To stop yourself from shutting him down, try to appreciate his motive. "If you know that when a man offers advice it's his way of being helpful and supportive, then you're more likely to hear it that way," says psychotherapist Ashley Davis Bush, co-author of *75 Habits for a Happy Marriage: Marriage Advice to Recharge and Reconnect Every Day*. Try to respond with curiosity (or at least neutrality) instead of defensiveness. Acknowledge his input with a simple "That's an option" or "That's interesting" (even if what you really want to say is "Who asked you?!"). If you actually hear and consider what he thinks, sometimes you may even be surprised to find that you agree with it.

STEP 3

Take it or leave it

Whether you decide to use his counsel or not, it's important to give him some credit for trying to help, says Bush. And when he's followed your lead and just listened to you vent without butting in, he deserves an extra hug.

Other than that, there's no need to rehash what was said. If you're not taking his advice, you don't have to explain why in point-by-point detail. Instead, if his suggestions didn't feel right to you, simply walk away with the idea that he was trying to be there for you in his own way. "In the end, we're our own best tuning forks to determine, yes, this could work, or no, this doesn't feel right to me," says Bush. But you already knew that, didn't you? ■

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Special Report

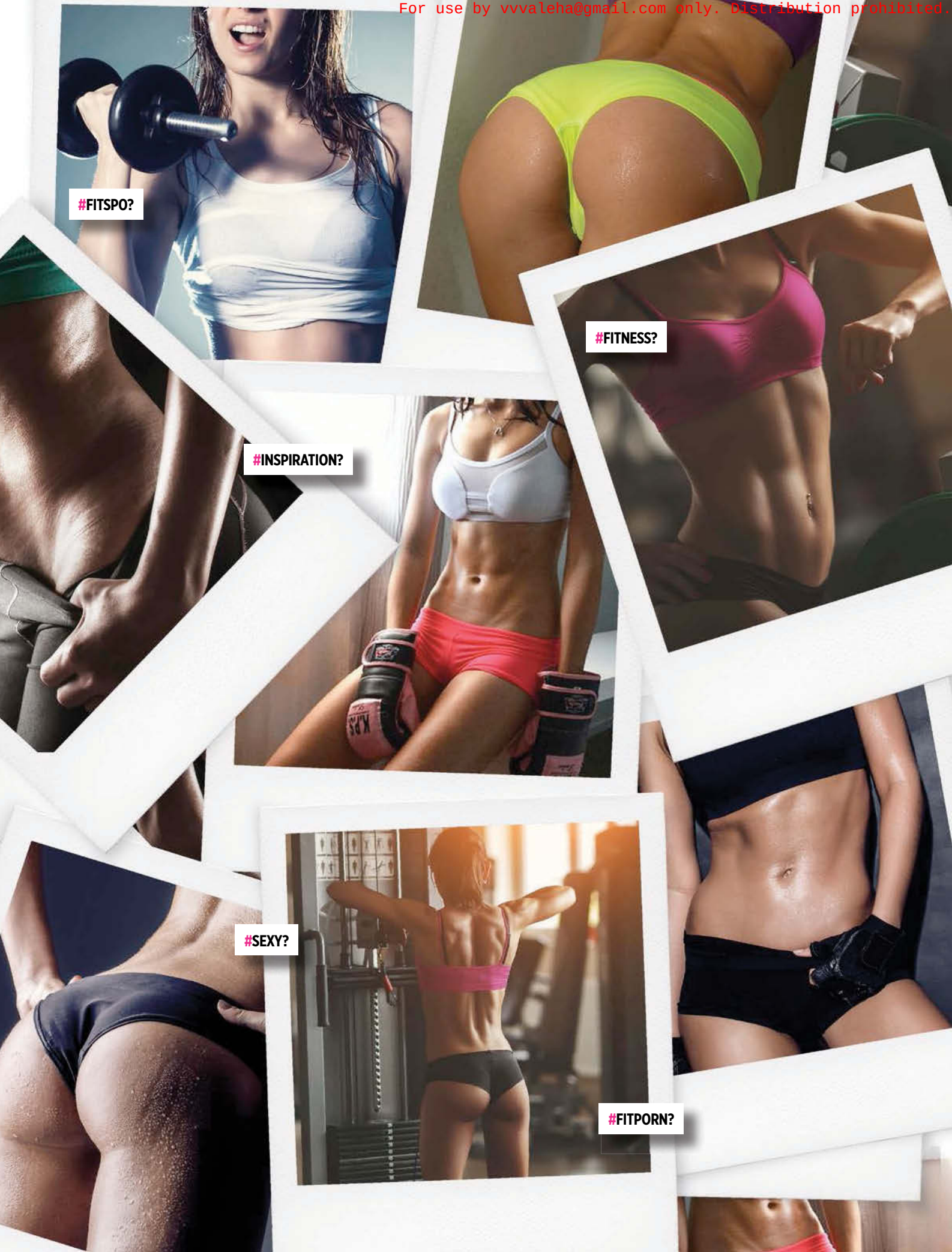
HOW WOULD YOU TAG THESE PICTURES?



Sexiness used to be a side effect of fitness, but, for a growing number of women, it has become the goal. *Women's Health* investigates the rising pornification of fitness

by Gotlhokwang Angoma

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Bodybuilder Monice Potgieter looking #fit

If

you're on Instagram, Twitter, Pinterest or Facebook you've seen them: sun-faded images on your timeline of green wonder juices, flamingo poses, CrossFitters air-punching, motivational quotes like, "The harder the struggle, the more glorious the triumph." It's called #fitspiration and it's heating up.

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According to a 2014 AMPS survey, four in five South African adults don't attend gym/health clubs or participate in any form of exercise. And, with obesity – and its associated lifestyle diseases – on the rise, pictures of healthy, sweaty, badass fitness moments that encourage people to get off the couch, work hard and stay healthy can only be a good thing, right? Plus, fitspo (fitness inspiration) has done a good job of displacing the less healthy "thinspo" of a few years ago, which typically paraded pictures of extremely thin women captioned with "motivational" quotes such as: "Your stomach isn't growling, it's applauding." Sheesh! But, lately, fitspo is becoming more sex than flex. Increasingly, fitspo tags are accompanied by half naked (sometimes headless) bodies posed in pretty provocative stances. You know, the ones with gratuitous navel and cleavage shots (#TuesdayArms). Or hips at a 45-degree angle with bum cheeks (sorry, #Glutes) escaping short-shorts, cropped and filtered (#Squats).

Women across the world are shedding their clothes for selfies in the name of fitness. But is it fitness or is it really just soft-core porn? In a world where women have always been highly sexualised in the media, are they starting to turn the same gaze on themselves?

Removing the filter

When it comes to fitness, Monice Potgieter (24) doesn't play around. The 1.67m tall bodybuilder is currently sculpting 73kg of pure muscle – evident in the sexy picture of her bare bum on Instagram (left). She goes by the apt handle "@hardcore", but the images she posts aren't always what you'd expect from a bodybuilder – in this particular one, she's wearing heels, a thong and... nothing else. "My pictures are definitely not sexual. I can't deny that they're sexy though – and people also can't deny that they're athletic," says Monice.

Monice works hard to hone her body. "I train twice a day, five to six days a week," she explains. She easily shoulder presses 18kg dumbbells (one in each hand) to strengthen her favourite body part. Over the next 12 weeks she will gain considerably more muscle in time for the IFBB federation bodybuilding competition in August – where she plans to defend her title. "My pictures show off the body that I've worked hard to achieve," she says. "Lingerie shoots are acceptable – I don't see why mine are not."

Inge Economou, lecturer at the department of Graphic Design at Nelson Mandela Metropolitan University (NMMU), says that sexy images like Monice's are the latest trend in visual media. "Though I do think [Monice's pictures] are relatively subtle, the sexual expression evident in culture today has both negative and positive aspects. What I really like is that the images of Monice depict strength, confidence and presence," she says.

Monice is one of the 17-million Instagram users who use the hashtag "fitspo" to inspire others with their healthy lifestyles. But when does inspiration become just another form of female objectification?

Why we need Insta-gratification

We've moved into a time of vanity where social media has turned us into oversharers. Digital portals mean we're never without a place to publish our fabulous moments and – more importantly – our fabulous selves. "Several social media platforms have become spaces for people to promote the 'highlights' of their lives. A visual and virtual 'putting the best face forward' mentality that has created online profiles for others to view and envy," says Tamryn Coats, a counselling psychologist at Akeso Specialised Psychiatric Clinics.

The number of "likes" a post gets promotes women to display their bodies. When we don't get more "likes" than our last post, we share even more

Tick All The Boxes

How to determine if your fitspo is healthy

- ☐ Does your fitspo motivate you to respect your body as something that you can maintain?
- ☐ Does your post embrace different body types?
- ☐ Do you avoid body shaming such as pitting one woman's body type against another?
- ☐ Are the women in your feed running, jumping, lunging or rowing? Seeing another person move makes you want to move!

With exercise becoming cool, it's an obvious opportunity for people to show off. And the obvious thing to show off is: your body. "A toned figure has become synonymous with feminine sexuality, portraying that slim women are more confident, successful in the home and the workplace, as well as more sexually attractive," says Coats. And social networks are transforming weight loss and fitness into a sharing rat race.

Research by marketing professor Jonah Berger in the US found that the choice to share or not has less to do with the piece of information we're passing along and more to do with our own mental and physical state. He found that heightened emotions of any kind may fuel oversharing – including anger, pain, elation or the adrenaline high following a good workout.

Berger asked 40 participants to either jog in place for a minute – a physiologically stimulating activity – or sit still. He then gave both groups a neutral article and the option to share it via email. Of the joggers, 75 percent agreed to share it, while only a third of the sedentary group hit "forward".

What does this mean for fitsposting? Experts say oversharing is driven by insecurities and our innate concern over what others think. The number of "likes" a post gets promotes women to display their bodies. When we don't get more "likes" than our last post, we share even more.

"It's not necessarily an intentional act by women to portray themselves as representatives of soft-core pornography, but, rather, the anonymity and 'invisible audience' that social media allows," says Coats.

Online, you're working in a vacuum and the brakes that hold you back in the real world – you know, the you-shouldn't-be-saying-that face someone gives you when you've said too much – aren't there. "Someone would be less inclined to share in a face-to-face interaction because online they don't always see the responses of those who view the image and, therefore, it minimises the impact it may have," says Coats. >

The Friendly Proudly SA #Fitspo Crowd

These fit SA women share posts that motivate, rather than intimidate



Carla Nunes da Costa
@MeninaDeAngola

3 980 followers

Former sprint kayaker for South Africa and the Netherlands. In 2013 she won the Africa Regionals and earned herself a spot at the CrossFit Games. She's all about sharing comfort-zone-smashing moves.



Lisa Raleigh
@LisaRaleighSA

12 900 followers

Media personality, wellness and lifestyle expert for more than 13 years and a lover of good food (we're talking really good food). She's especially passionate about bringing health to South Africans.



Linda Kriel Prinsloo
@lindakrielfitness

351 followers

Specialises in weight loss and exercises that show women the best way to reach their goals. She's also the author of *Kry Daai Lyf* and you may remember her days as a *Body Beat* model.

Are you a fitspo(rn) star?

So, how do you know if you're taking a R18SN picture? "I think what makes an image more sexual is when it takes away from the 'humanness' of a person; for example, when there is a de-emphasis of the head and the face (as a symbol for intellect, mind, voice and personality) and over-emphasis of the body or body parts, particularly parts of the body that define sex such as the pubic area, the buttocks and breasts (for women)," says Economou.

WH reader Caroline Stewart stopped following four of her #fitspo feeds because of the salacious updates. "The images started looking really inappropriate," she says. "I wasn't looking at fit girls, I was looking at naked girls." And this is where it starts to become murky.

Both fitness and pornography are about physical attractiveness and define sexuality in terms of the body and body parts, but Economou doesn't think there's enough of an overlap to generalise similarities between these two. "The fitness arena allows women the potential to be confident, healthy and strong subjects who are physically active and not simply 'decorative' objects to be gazed at," says Economou. However, she points to the danger of fitness images becoming too focused on the appearance of the body and trying to reach an ideal that's unattainable to most women.

It's for this reason that Caroline has been avoiding the gym – she says Facebook and Instagram make her feel body-conscious. "I started going to gym less and wearing looser gear. I didn't feel good enough. I couldn't sculpt a body like those I saw."

There's no published data on the effect of fitspo yet, but researchers at Flinders University in Australia found that an increasing number of young women are becoming body-conscious.

"Fitspirational messages feature overly sexualised women with bodies that the vast majority of women will never be able to obtain or maintain, making them feel bad when they don't match up to these ideals," says the study's lead researcher and behavioural psychologist, Dr Ivanka Prichard.

"The fitness arena allows women the potential to be confident, healthy and strong subjects who are physically active and not simply 'decorative'"

What's best for you

It's clear that fitspo is not only taking over your phone, but also your mental attitude – but that isn't always a negative thing. Like most things in life, it comes with pros and cons. Because of Instagram, Lindi Ndlovu, 28, has swapped her bony-frame aspirations for the goal of sculpting more muscle tone. "I looked unhealthy throughout high school and varsity. At one stage, I was too skinny for my 1.68m height. Many of my friends said I was too." Lindi's been following fitspirational feeds for a couple of months now. She now weighs 66kg and hopes to weigh a strong, but not thin, 62kg. And, while she knows that realistically she won't be as slim or strong as the pictures she scrolls through, she's working to come close. "I consider myself fairly healthy today, but I do need to improve my fitness. I follow inspirational weight-loss feeds because I like to see body transformations that people have gone through, to believe it's possible within myself."

We need to be ever-mindful of how fitspo makes us feel and also what we're putting out there for others to see. "We're constantly displaying ourselves and our lives to an unknown audience and we need to be aware of what the potential legacies that we're leaving behind in our social-media footprint may be – not only personally, but also for our generation of women as a collective," says Coats.

When looking at fitspo we should be feeling inspired about the journey – not the result, because fitness and weight loss come in different shapes and sizes. And, at the end of the day, health and fitness isn't about how sexy you look, it's about how well you actually feel. ■

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No running away from this one...

WHEN HE DROPS A BOMB...

Funny thing about guys and secrets: they might not have many, but, when they're harbouring a juicy one – watch out! Here's how to stop a whopper from blowing up in your face

By Nicole Blades

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WHAT MEN WANT

If "Let's be totally open with each other" is the tag line of your relationship, be careful what you wish for. More often than not, coming clean creates a big mess. To help you handle his next explosive confession, we asked experts for tips on how to put out the flames – none of which include screaming or smashing his iPod. Here's what to do when he tells you he...

... wants to quit his job to "find himself"

Where, exactly, is he planning to look? "Ask him how he thinks this transitional phase will affect the relationship and how long he sees it lasting," says clinical psychologist Nancy O'Reilly. "If he's vague about what he wants to achieve and how he plans to achieve it, be worried." Backing his resolve to seek a more fulfilled life doesn't mean giving him licence to play with his PlayStation all day. He should be able to soul-search and pull his weight at the same time, whether that means doing chores or getting a part-time job. If your combined income will drop significantly, "work together to create a practical plan for the immediate future that addresses your needs too," says Don Rosenthal, co-author of *Learning to Love: From Conflict to Lasting Harmony.* Come up with a budget that shows how your household will operate on less money and avoid sacrifices you'll resent him for later; if you need a monthly massage to stay sane, insist on it.

... has herpes – and that's why you still haven't done the dirty

This doesn't necessarily mean what you think it means. "It can be a big shock to find out your partner has an STI," says Dr Jireh Serfontein of MySexualHealth.co.za. "But it doesn't necessarily mean he's promiscuous – you can get an STI by not wearing a condom just that one time." You may be angry that he's been holding out on you, but remember that he's announcing his STI to try save you from being exposed.

And there's nothing easy about this confession. "He's probably terrified that you'll reject him," says marriage therapist Dr Bethany Marshall, author of *Deal Breakers: When to Work On a Relationship and When to Walk Away.* "He's feeling vulnerable, embarrassed and, possibly, even ashamed."

Don't demand that he spill his entire sexual history, but do ask him how and when the diagnosis was made – and whether he's been tested for other STIs. "Herpes is one of the most common STIs in SA. The infected partner can transmit the virus both when they have symptoms as well as when no symptoms are present," says Serfontein. "Valacyclovir is an antiviral drug that he can use as suppressive therapy – this reduces the risk of transmitting the virus by 50 percent." If he's not taking anything, ask him to look into it for your sake. Be honest about how willing you are to risk getting the disease. "The fact that he has herpes is not necessarily a deal-breaker," says Marshall. "But you might want to delay having sex until you're sure the relationship is serious." And always wear a condom. >

WHAT MEN WANT

... secretly withdrew money from your joint savings to buy a new flat-screen TV

Stifle your urge to even the score with a Louis Vuitton clutch. The issue here is secrecy, not cash. "Call him out on his sneakiness and unilateral decision-making, but don't be hostile," says psychologist Daniel Buccino. Instead, express confusion. Open with this line: "Help me understand what you were thinking when you spent *our* money without checking in with me." Move into an "I feel" statement, such as "I feel hurt and betrayed when you make big decisions without talking to me first" – and finish with a plan of action, Buccino advises.

To avoid future impasses, Dr Scott Haltzman, co-author of *The Secrets of Happily Married Women*, suggests allotting half an hour every week to talk about financial goals for your shared accounts and how to use funds. Another good idea: set up "yours", "mine" and "ours" bank accounts. "Adults need 'no-questions-asked' money of their own," says Liz Pulliam Weston, author of *Easy Money: How to Simplify Your Finances and Get What You Want Out of Life*. For big-ticket items, collaboration is still a must.



What other skeletons does he have in the closet?

He should be able to soul-search *and pull his weight* **at the same time**

"How Should I Put This..."

You crashed his car. You've gone from having credit-card debt to filing for bankruptcy. You kissed your trainer. All bad news. So how do you tell your guy?

Lay down the law

Before you say a word, "set the protocol for how you want to be treated," says marriage therapist Dr Bethany Marshall. "Let him know that, although what you're about to say may upset him, you expect to be treated like an adult."

Shoot straight

Be straightforward, says Gretchen Hirsch, author of *The Complete Idiot's Guide to Difficult Conversations*. "Don't waffle, weasel or use evasive language," she says. "Don't say you had a little fender-bender if half the car is bashed in." Make things as right as you can. "Even if it costs you time and money, take responsibility for the damage you've caused," she recommends.

Let him sweat

Confront him when he gets home from gym. With all that increased blood flow from the exercise, his endorphin high should make him more centred and less anxious, according to exercise physiologist Carol Espel. Or catch him after his yoga class, which should leave him feeling calmer.

Location, location, location

Where you break your big news is as important as how you break your big news, says Marshall. If you're after resolution and togetherness, talk at home. Just remember that it's okay for either of you to take a break to collect your scattered thoughts, even if that's as simple as using the dog as an excuse to take a walk around the block.

... changed his mind and doesn't want children

"This is an instant deal-breaker," says psychologist Dr Leah Klungness, co-author of *The Complete Single Mother*. "It's a clear message and it's essential to understand that this is likely non-negotiable." Changing his mind about his career, where to live or where to go on holiday won't have life-altering consequences, but "children are the only 'always and forever' commitment."

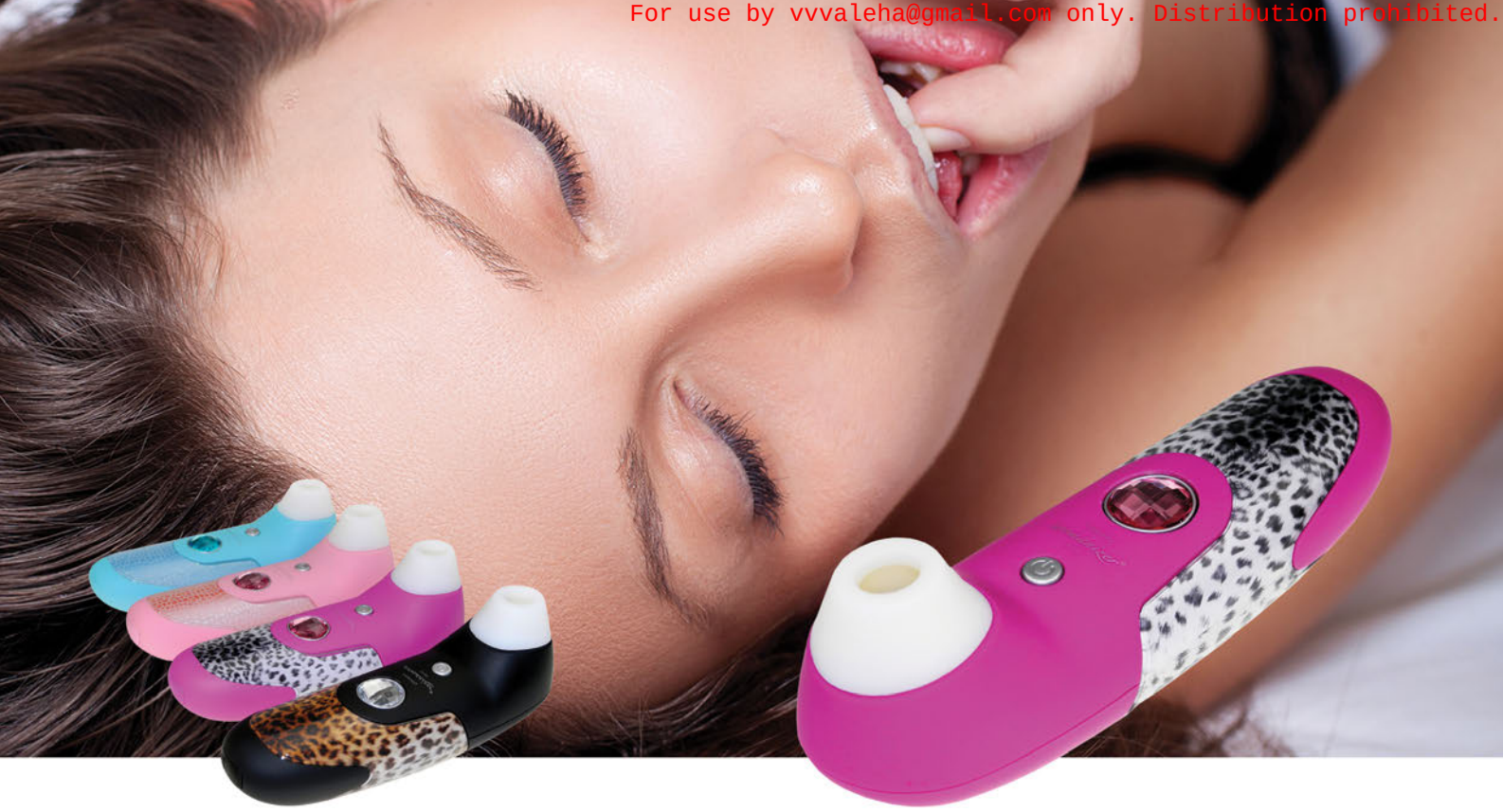
If having kids is a must-have for you, hoping he'll magically come around to your point of view only sets you up for disappointment. Klungness adds that news like this involves an element of duplicity. "Perhaps what he's truly reconsidering is building a future with you," she says. "You deserve better than parenthood with a man who has been – and may continue to be – less than truthful."

... slept with his best female friend before he met you

Alrighty, then. But why is he telling you now? "Unless you asked for the declaration, this confession seems potentially cruel and hurtful – it doesn't help deepen or advance the current relationship," says Buccino, which is exactly what you should explain to him. If he can't give a logical reason for why he felt compelled to confess, make cut-throat enquiries: how long ago did it happen? Does he ever feel tempted to do it again? Does he have deeper feelings for her – or anyone else? Provided you don't have a history of unfounded jealousy, use your gut to interpret his responses. Trust your feelings and accept the truth, even if it's painful. By the end of it all, you'll know where you stand – and whether that will be next to him. ■

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"...60 seconds until you go crazy"

Stern magazine Germany 08/14

The innovative and revolutionary new womanizer technology from Germany makes a **touchless stimulation of the clitoris possible for the first time.**

A soft silicone nozzle is placed over the clitoris. On pressing a button, the clitoris is gently sucked towards the chamber while at the same time an array of continuously generated pressure waves are directed towards the clitoris. This ultra-fast alternation between suction and waves stimulate the clitoris with gentle, yet deep, penetrating oscillations.

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Get Off Your Knees!

Push-ups put you on the fast track to sleek arms, sculpted shoulders and a slimmer waistline. So no more of that bent-knee business – it's time to master the real thing

By Tony Gentilcore

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your best body



65
APPROXIMATE PERCENTAGE OF YOUR BODYWEIGHT YOU LIFT DOING A MODIFIED PUSH-UP

As a personal trainer, I can attest to the fact that the classic push-up is one of the most underrated exercises in existence. Not only would I place the push-up over any single arm exercise out there for sculpting sexy shoulders and toned triceps, but it's also a killer total-body move. Problem is, most women aren't getting the full push-up pay-off for one simple reason: they're resting their knees on the ground.

I've always felt the modified push-up carried a negative connotation, encouraging a mentality I'd prefer to avoid altogether: "Oh, sorry, you can't do a regular push-up? Let's treat you like a delicate flower, then." No! In fact, I dropped this notion more than a decade ago when I first became a personal trainer. The last thing I wanted to do was to make any of my female clients feel inferior. Not to mention, I knew there was a better way to help women build their strength.

A lot of people think the reason many women struggle with a standard push-up is because they lack chest and triceps strength. But, often, women lack the core control to get into – and then sustain – a strict plank position through the entire range of movement of a push-up. Bent-knee push-ups, of course, target your chest and triceps, but they don't address the issue of poor core control, so they're not getting you much closer to doing the full-on thing – no matter how many reps you rack up.

If you agree that modified push-ups are outdated and it's time to get rid of them, then take our challenge: this specialised two-step programme will help you build the strength and confidence to bang out perfect reps of the real deal. Who's with us?

Woman up!

Alternate between the two moves, doing them a total of three times each week. (So week one you'll do 1, then 2, then 1; week two you'll do 2, then 1, then 2; and so on.) Add this to the start of your scheduled workout. Putting it first helps make it a priority – plus, it helps ensure strong, quality reps. >

PHOTOGRAPHS BY AARON RICHTER



You did it?

Woohoo – bragging rights are yours! Ask a friend to take a video of your push-up success and post it to Instagram. Tag @WomensHealthMagSA #WHNoMoreKnees

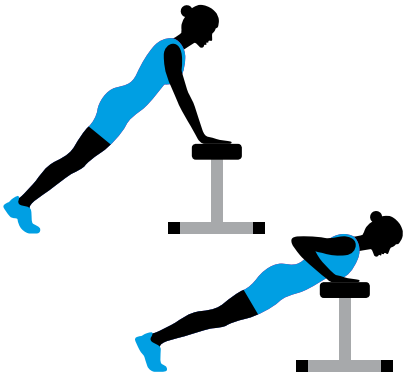
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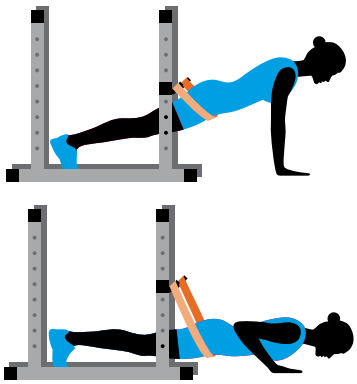
Elevated push-up

REPS: 10 TO 12 • SETS: 2 TO 3

If you're not strong enough to do a full push-up yet, placing your hands on a bench, step or elevated bar reduces the body weight you have to lift. The higher your hands are from the floor, the easier the exercise.

DO IT Start in a standard push-up position, hands under your shoulders, chin tucked and eyes looking down. Your body should form a straight line from head to heels. Bracing your core and squeezing your glutes, slowly lower your body to the bench or bar, keeping your back straight and elbows at a 45-degree angle from your torso. Explode back up to the starting position. That's one rep.





STEP 2:

Band-assisted push-up

REPS: 5 TO 8 • SETS: 3 TO 4

The band "supports" you at your weakest spot (in this case, the bottom of the move) so your form stays solid through the entire range of motion. The support lessens as you return to start, so you use more of your own strength.

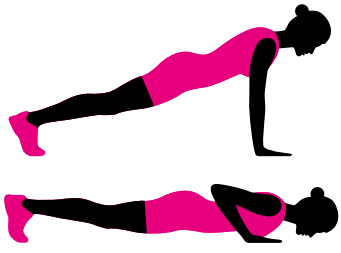
DO IT Attach a resistance band to both ends of a squat rack and get in a push-up position with the band across your hips. The higher the band on the rack, the more support you'll get. Bend your elbows to lower yourself, keeping your elbows at a 45-degree angle from your body, until your chest touches the floor. Explode back up to start. That's one rep.

Don't have access to a gym or squat rack? Swap the band-assisted push-up for the same number of sets and reps of this move instead.

Eccentric push-up

People are generally stronger in the lowering portion (or eccentric phase) of any exercise. By lowering your body as slowly and with as much control as possible, you generally force your muscles to work much harder, which will translate to better overall strength.

DO IT Start in push-up position. Lower yourself as slowly as possible, keeping your body in a straight line, until your chest touches the floor. Return to start without letting your lower back hyperextend. That's one rep. ■



PATRICK GEORGE (ILLUSTRATIONS); *TONY GENTILCORE IS A CERTIFIED STRENGTH AND CONDITIONING SPECIALIST

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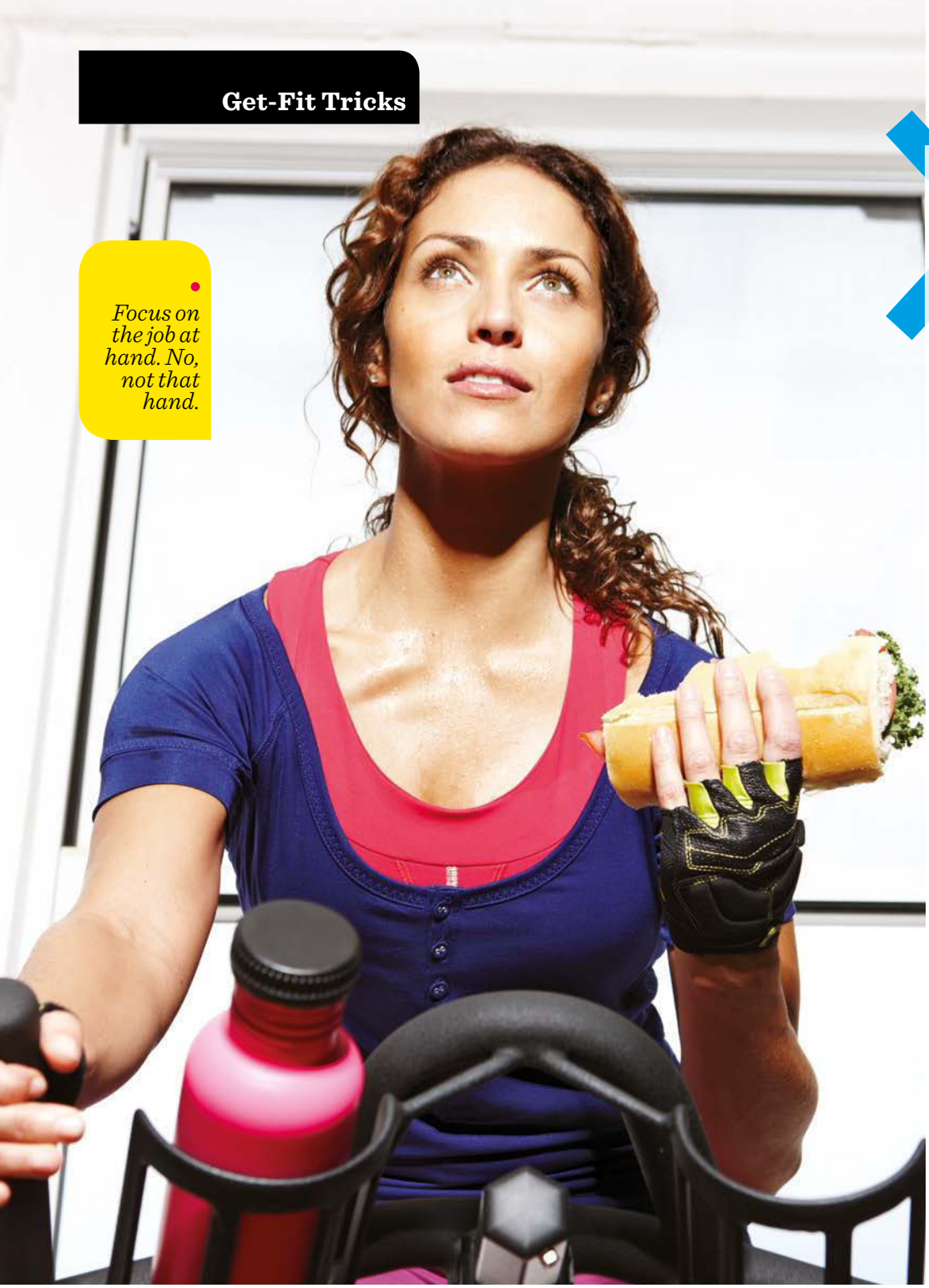
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Focus on the job at hand. No, not that hand.

Are You Sabotaging Your Gym Efforts?

So exercise isn't delivering all the perks you expected? Don't throw in the gym towel just yet – a few simple behaviour tweaks could be all you need *By Nicolette Louw*

It's time to hit the gym after a long day at the office. You're already running behind schedule, so you wipe off your lipstick, but skip the make-up remover. As you make your way to the cardio machines, an exciting book tucked under your arm, you're still half-thinking about work, so you forget to warm up and start pedalling away on the bike. Thirty minutes later, you gulp down an energy drink on your way to the car, feeling smug in your gym clothes as you notice the queue for the drive-through burger place. The truth is, while workout trumps burger-and-chips every time, you may not be reaping quite as many benefits as you think. If you agree with any of the statements below, simply changing your behaviour could be the secret to unlocking amazing results.

✓ You pig out after a workout

The food you eat has major effects on your workout goals. "There's no point in sweating your butt off and grimacing through painful sets of weight training if you don't adjust your diet," says Lance Jacobson, owner of One Eighty Degrees – a nutrition lifestyle programme – and a professional bodybuilder/personal trainer.

"The rule of thumb is to eat small meals and snacks to help keep blood-sugar levels stable. This also helps to avoid excessive hunger," advises clinical dietician Nathalie Mat.

Exercising on an empty stomach may lead to low blood sugar, which can negatively affect your workout performance and how many kilojoules you burn. Plus, skipping meals can actually slow your metabolism and, as a result, your weight loss. "Nibble a piece of fruit if you need to eat before hitting the gym," suggests Mat. And don't hit the gym thirsty

TERRY DOYLE

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– or, for that matter, with energy drink in hand. "Water is the best liquid hydration if you're trying to lose weight," says Mat.

You wear make-up

Donning make-up, especially foundation, while doing strenuous exercise is not a good idea. Increased blood circulation during exercise takes oxygen to the cells and as your heart rate rises, you start sweating and your pores open to secrete sweat – but make-up creates a barrier that prevents proper elimination of toxins and secretion of natural oils. "Some cosmetics prevent proper skin perspiration by blocking and clogging your sweat and oil glands, which may interfere with sweating and lead to blackheads, pimples or acne," says dermatologist, Dr Dagmar Whitaker.

"Skin needs to be cleansed and toned before a workout session," says Adele Segal, an accredited therapist and owner of Beauty-N-U (a health and skincare clinic in Centurion). "Cleansing removes leftover make-up and the grime that our skin is exposed to every day, but also restores the natural pH balance." A clean face combined with sweating allows for a natural detoxification process, which promotes cell regeneration and functioning. But what about that giant rhino-horn-esque zit in the middle of your forehead? "Women who have skin problems can use a concealer – which contains no mineral oils or artificial agents – on the affected areas only," Segal points out.

You read a few chapters while pedalling

Yes, reading a book or catching up on *Candy Crush Saga* while exercising may keep your mind off the boring act of pedalling to nowhere, but being distracted prevents you from pushing harder and getting results. "Focus on your breathing, your balance and your posture," says Ronique Redelinghuys, a biokineticist at the Physical Health and Wellness Centre for Barclays. "When you focus on these aspects, more muscle groups are being recruited. This will aid in more energy being used and faster weight loss. The correct posture is also extremely important to prevent risk of injury," she says.

To avoid getting bored, challenge yourself by adding interval training, which can make your session feel shorter by breaking it up into a series of shorter goals. Plus, it's super-effective. "Exercising in intervals consisting of different intensities is extremely valuable as it assists with burning kilojoules and aids in increasing your metabolism," says biokineticist, Reon van der Merwe. And constantly having to adjust your intensity keeps you focused.

You don't listen to your body

Because exercise depletes your body of energy, it's possible to do too much of a good thing. Watch out for excessive exercise symptoms, such as moodiness, difficulty sleeping, loss of appetite and continuous muscle aches. "Not only will over-training affect your all-round well-being, but it can also lead to a state in which you're more prone to developing infections," cautions Van der Merwe.

How much is enough depends on the intensity of the training, as well as your rate of recovery. "If you can do the same or more than the previous session without exerting yourself more, then you're not over-training," says Jacobsen. "But if you can't do more than in two previous sessions, you may be overreaching. This isn't necessarily training too hard, but rather training too long and not smartly." Enough sleep, rest and good nutrition will help you avoid that overreaching state, he adds. Plan to have at least one day off per week – if you're new to exercise, set every other day aside for rest. ■

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15 MINUTE WORKOUT

THE COREGASM WORKOUT

Who said gym couldn't have a happy ending?

We know, it sounds really strange. But when *Women's Health* asked readers if anyone had ever experienced an orgasm during a workout, women fessed up: yes, many claimed, usually when doing leg-lifting core exercises. And the notion of the COREgasm was born.

"When some women exercise, the release of endorphins and dopamine, which are necessary for orgasm, combined with the tension in the abs and lower extremities, can cause the clitoral stimulation that is needed," says sex therapist Dr Victoria Zdrok, author of *The Anatomy of Pleasure*.

Whether you experience an added surprise or not, these moves will still help flatten your tummy and give you the pelvic and core strength you need for the main event.

Do one exercise after the other without rest, completing all reps of each move before moving on to the next. Once you've completed all exercises, rest for 30 seconds, then repeat the circuit again.

You'll need: A bar to hang from; light dumbbells.



Excerpted from *The Women's Health Big Book of 15-Minute Workouts*, R315, Fitshop.co.za



1 Hanging straight leg raise

Hang from a pull-up bar with your hands shoulder-width apart and your body forming a straight line from hands to hips **(A)**. Keeping your legs and back straight and, using a slow, controlled motion, raise your legs until they're parallel to the floor **(B)**. Slowly lower your legs. That's one rep. Do four to six.

Feeling Cirque du Soleil? Try get your legs higher than 90 degrees. But don't swing them or let momentum do the work.



2 Hanging side crunch

Keep your butt down as if sitting on a chair.

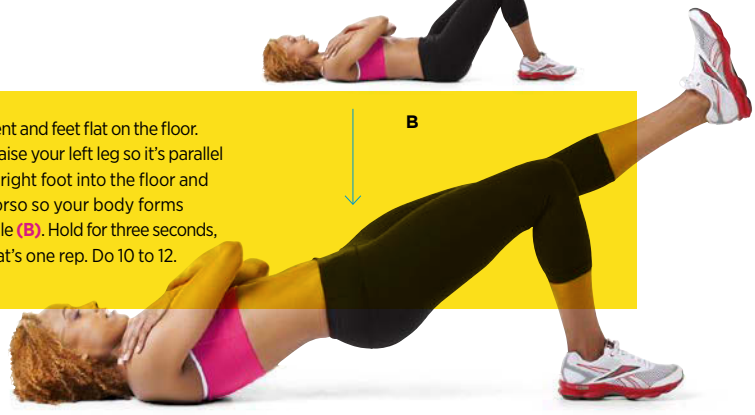
Hang from a bar with an overhand grip and raise your knees so your thighs and torso form a 90-degree angle **(A)**. Pinch at your right side, curling your right hip towards your right shoulder **(B)**. Use your core to stop yourself from swinging. Repeat on the left. That's one rep. Do 10 to 12.

TOO HARD? Use your gym's captain's chair instead of the bar.

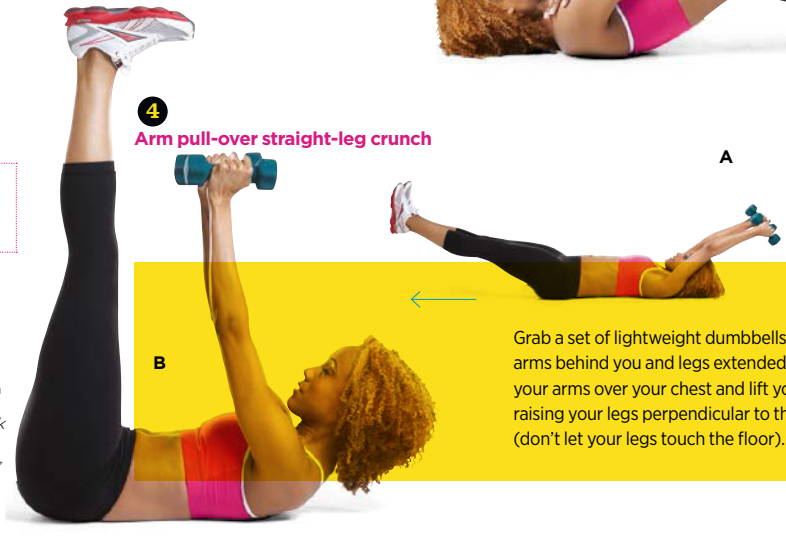


3 Single-leg hip raise

Lie on your back with your knees bent and feet flat on the floor. Cross your arms over your chest. Raise your left leg so it's parallel to your right thigh **(A)**. Press your right foot into the floor and contract your glutes to lift your torso so your body forms a straight line from shoulders to ankle **(B)**. Hold for three seconds, then repeat with the other leg. That's one rep. Do 10 to 12.



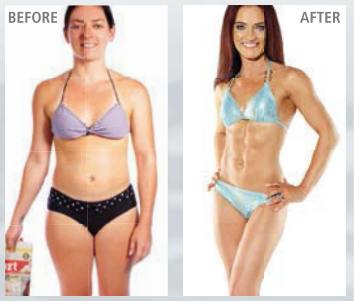
4 Arm pull-over straight-leg crunch



Grab a set of lightweight dumbbells and lie on your back with your arms behind you and legs extended at a 45-degree angle **(A)**. Bring your arms over your chest and lift your shoulders off the mat while raising your legs perpendicular to the floor **(B)**. Return to start (don't let your legs touch the floor). That's one rep. Do 10 to 12.

BETH BISCHOFF; WORDS: CORY STIEG

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Are all these little pills jagged?

Do Vitamins Matter?

Supplements are big business, but there's debate over whether they actually improve your health. WH gets to the bottom of which pills you should – and shouldn't – be popping

By Malia Jacobson

News flash number one: vitamin and mineral supplements – which many South Africans down daily – don't always deliver on health-revving promises, per a study in *Annals of Internal Medicine*. News flash number two: even if you live in sunny South Africa, there's a good chance that you are vitamin D deficient – especially if you have dark skin. Wait… what?

Here's the truth: your every cell needs nutrients to function and it's better to get those through foods such as leafy greens, whole grains and fatty-acid-rich fish. But we live in the real world – and it's not all salads and sushi, says dietician Denise Londergan. Greasy takeaways happen; so do nutrient gaps that can put your wellbeing at risk.

A multivitamin might cover some of your bases, but, depending on your lifestyle, it's probably not enough, says nutritional-medicine expert Dr Christine Wood. Read on – then talk to your doc – for the vita-mix that's right for you. >

PHOTOGRAPHS BY CLAIRE BENOIST

What *You* Should Pop

Your ideal nutritional blueprint is as unique as your DNA. Sure, it depends on your body chemistry, but also on how often you hit the gym, which foods you won't eat, even where you live. Follow these guidelines – based on which type(s) of lifestyle you most closely follow – to help fuel your body and mind

IS THIS YOU?	YOU MIGHT BE MISSING	FIND IT IN FOOD...	... OR A SUPP
The fitness fiend Working out for more than 1.5 hours at a time depletes your nutrient stash.	***Iron.*** It's found mainly in meat and beans, and you need at least 18mg per day of this micromineral that helps transport oxygen to cells. Low levels can sap your energy and lead to headaches.	A three-quarter cup of fortified cereal has a day's worth. A cup of soya beans has 8.8mg; a cup of lentils has 6.6mg.	Always consider your diet first (and buy gut-friendly "elemental iron"), because too much can lead to constipation.
The desk jockey This means you, cube dwellers. But also pay heed if you shun the sun or spend your winters in the Cape.	***Vitamin D.*** Hard to find in food, it's also produced naturally in the body when sunlight hits your skin (so dark, wintry days and long hours spent indoors could mean less D). Getting 600+ IU per day can help the body fight infections, build strong bones and prevent depression.	A 90g serving of salmon has 447IU; one cup of milk has up to 124IU; one egg has 41IU (the D is in the yolk).	Food alone won't help the D-deficient. Look for easy-to-absorb daily D3 cholecalciferol supplements of up to 2 000 daily IU. But be sure to consult with your doc first – you'll need a blood test to check your levels and get the dosage right for your needs.
The vegetarian Congrats – produce is loaded with nutrients! Except for one biggie.	***Vitamin B12.*** Virtually nonexistent in plant foods, it keeps blood and nerve cells healthy and can help protect your brain and muscles. Not getting the recommended 2.4mcg per day could leave you feeling weak and tired. (This goes for you, too, vegans.)	Dairy products and eggs contain a bit of B12; fortified soya products or breakfast cereal can give you your full daily value.	You don't do animal, dairy or processed eats? Look for a daily methylcobalamin tablet (it's the active form of B12).
The future mom Kids on your "someday" list? You can prep for a drama-free pregnancy (yes, even one that's years away).	***Folate.*** Mostly found in leafy greens, this B vitamin helps shield against neural tube defects (complicated brain and spine birth defects). You should get 400 to 800mcg every day.	Like we said: leafy greens. Load up on 'em. Half a cup of cooked spinach packs 131mcg; a cup of shredded romaine lettuce has 60mcg.	Most experts say you should supplement. Look for 5-methyl-tetra-hydrofolate or L-methylfolate on the label.
The gluten-free gal If you're off wheat, you could be missing some key nutrients.	***Magnesium.*** Whole grains are packed with the mineral, which is important for bone and heart health. Up to 320mg per day also helps your body absorb calcium and potassium, regulate blood sugar and control blood pressure.	Half a cup of edamame has 50mg; half a cup of black beans packs 60mg; a baked potato provides 40mg.	If you skip all wheat, rice and fortified cereals, look for a daily magnesium citrate supplement.

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IMMUNE BOOSTERS THAT WORK

Sick again? Swap the last-ditch vitamin C binge for a more long-term immunity-enhancing plan. These supplements can help keep your defences in fighting shape

PROBIOTICS
A daily one can fortify the "good bacteria" in your gut, home to about 70 percent of your immune system. Opt for refrigerated pills with a minimum of 10-billion colony-forming units, or CFU, says nutritionist Haylie Pomroy.

SHIITAKE
The mushroom extract contains antimicrobial, antifungal and antiviral properties and helps increase your body's production of natural killer cells (aka cold and flu fighters), says Pomroy. Pop up to 1 900mg per day in tablet form.

RESVERATROL
Yep, the stuff in red vino, though there's no need to guzzle (sorry). A 75mg daily tablet could charge up your natural defences by mobilising immune cells. Bonus: preliminary research suggests resveratrol can help protect the heart.



Hot Supps

Supermarket shelves are often stacked with tiny bottles making big claims. Our experts sorted through a dozen buzzed-about supplements to find four that show real promise

GLUTATHIONE
Credited with a plethora of anti-ageing and disease-fighting properties, it's been called the mother of all antioxidants. Your body produces its own glutathione, but, unless your life is one big Zen fest, it's likely that stress and environmental toxins leach your natural supply, says Pomroy. Shoot for a daily 500mg dose.

MELATONIN
New non-habit-forming time-release capsules can help you fall and stay asleep by delivering extra melatonin, a sleep hormone your body produces less of as you age. Finding the correct dosage may take trial and error; start with one milligram at bedtime and work up to five milligrams, if needed, says Dr Susan Hazels Mitmesser.

NITRIC OXIDE
Found in beetroot, the molecule helps amp up cellular energy and widen arteries, increasing blood flow to your vital organs and lowering blood pressure, says Pomroy. Studies also show nitric oxide may help reduce athletic fatigue, so you can go that extra mile without feeling spent. Try a 1 000mg nitric oxide support supplement.

FISH OIL
It's buzzing for a good reason: packed with fatty acids DHA and EPA, the super-nutrient can hike cardiovascular health and help protect brain tissue, and may lower your risk for depression. A daily 1 000mg dose (600mg EPA/400mg DHA) of fish oil can also reduce joint aches, says Dr Susan Kleiner – but it can cause blood thinning and bruising, so chat to your doc first. ■

SOURCES: SPORTS NUTRITIONIST DR SUSAN KLEINER; HAYLIE POMROY, NUTRITIONIST AND AUTHOR OF *THE FAST METABOLISM DIET*



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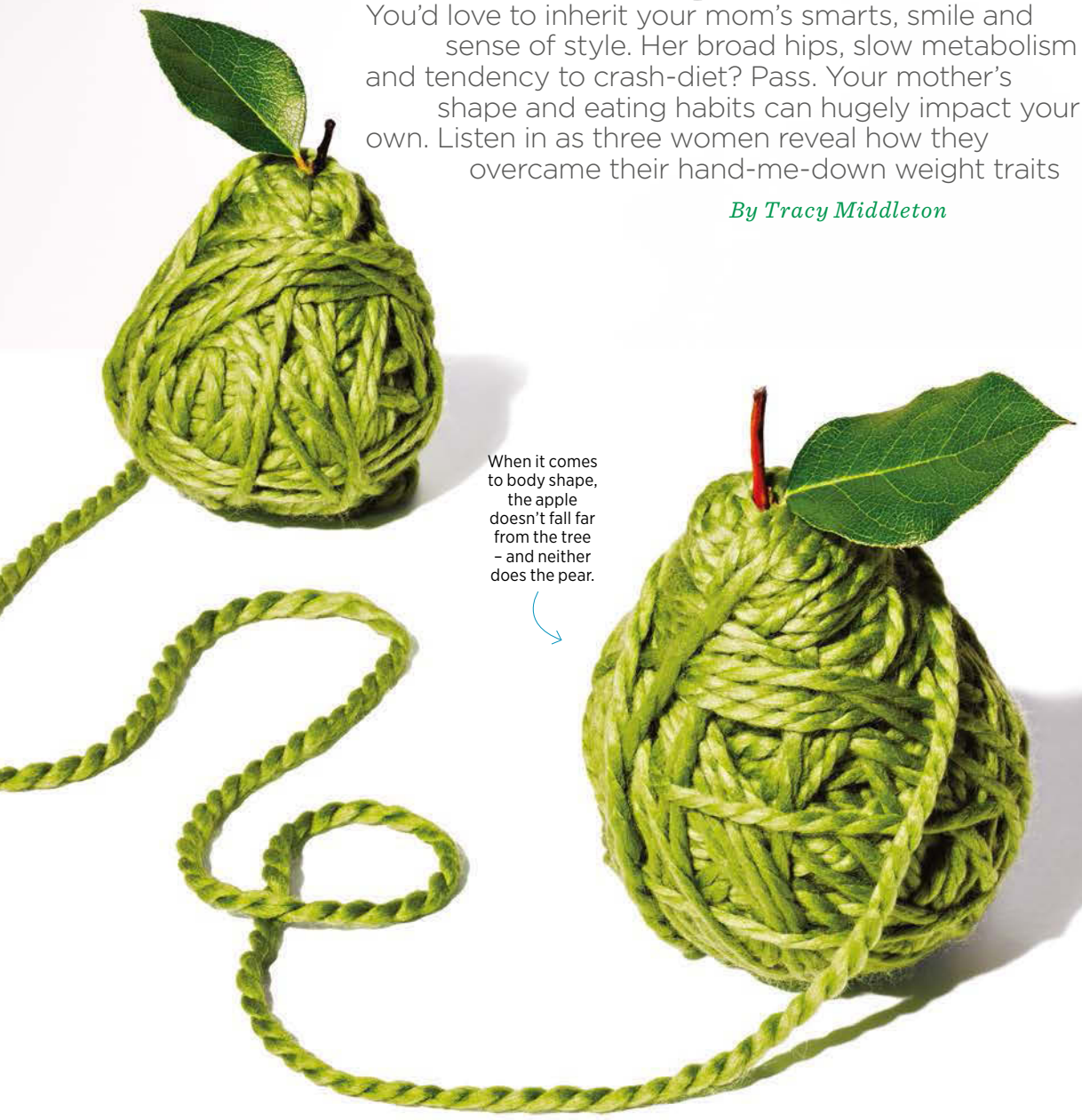


2015-03-16

Escape Your Weight Fate

You'd love to inherit your mom's smarts, smile and sense of style. Her broad hips, slow metabolism and tendency to crash-diet? Pass. Your mother's shape and eating habits can hugely impact your own. Listen in as three women reveal how they overcame their hand-me-down weight traits

By Tracy Middleton



When it comes to body shape, the apple doesn't fall far from the tree – and neither does the pear.

THE GENETIC LINK

Alicia Goon, 25
Pam Goon, 52

As Alicia gained padding on her hips and thighs as a teen, she realised she'd morphed into a mini-me of her mom: pear-shaped, with short legs. "From behind, you can hardly tell the difference between us," says her mother, Pam. The similarities aren't limited to a tricky-to-shop-for-jeans body: they share matching passions for creamy pasta dishes, cheese and bread – and both have difficulty staying at a healthy weight, even though they've both been active in sport since high school. "For the past four-and-a-half months, we've been working out together six days a week and attending a group weight-loss programme. It's working, but I feel like we have to work harder than other people to see results," says Alicia.

BODY OF EVIDENCE

Researchers have ID'd 17 genes linked to where you store fat – and the effects of some of those genes are stronger in women than in men.

Then there's the so-called obesity gene, FTO. People who inherit two bum copies of the gene have higher levels of the "hunger hormone", ghrelin, which may be why a study found that they tend to down more kilojoules each day. Some types of FTO may even influence cravings for high-kilojoule foods.

FTO may also affect how likely you are to stick to exercise and how you respond to workouts. The gene may have an impact on mood-regulating brain chemicals, says geneticist Dr Molly Bray. This means exercise may feel harder for you, or you like it less.

OVERCOME YOUR FATE

Even if you inherit chubby FTO, your diet and activity level have a bigger impact on your weight than your genes do, says Dr Walter Willett, author of *Thinfluence*. Research shows that regular exercise can cut the gene's effects by nearly 30 percent. Plus, says Bray, you could react better to strength training than to cardio, or even short bouts of high-intensity cardio instead of long, low-intensity sessions. If you're not losing weight or gaining strength in four to eight weeks, switch up your workout until you find the right fit.

PHOTOGRAPHS BY VICTOR PRADO

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THE BEHAVIOURAL LINK

Tatum Hoehn, 28
Jill Hoehn, 56

Tatum was around 10 years old when she first noticed her mom Jill's eating habits and negative body image. "She was always trying a new diet, never wanted to try on clothes, and would beat herself up for grazing on sweets," says Tatum. "She always told me I was beautiful, but I still got the message pretty early on that being overweight is bad." As she saw her own weight creep up as a teen, Tatum followed her mom's example, comforting herself with chocolate and biscuits, then turning to another diet to combat the resulting weight gain. "We're emotional eaters, for sure. Happy, sad, excited, you name it – we could figure out some reason to bake and eat," says Jill. By the time Tatum was in her mid-twenties, mother and daughter each weighed north of 90kg. Tatum eventually learnt some healthier habits when she went to culinary school and today she shares healthy recipes with her mother.

Daddy Dearest

If you're thinking about starting a family at some point, take a look at your guy's beer belly: research shows that fathers who are overweight at the time of conception can pass on weight problems to their daughters – even their granddaughters. Dad's diet changes the molecular make-up of his sperm, which might hard-wire the daughter to develop obesity and metabolic disease later in life, say study authors.



A daughter can start to pick up her mom's dieting habits as early as five years old.

BODY OF EVIDENCE

"Young girls look to their mothers – even more so than their peers – for messages about food, weight and the importance of being thin," says obesity researcher Dr Katherine Bauer. Even seemingly harmless messages can do damage. "It can be as innocent as a mother commenting that a celebrity looks heavy – her daughter is going to pick up on it," says Bauer. Internalising those messages can lead to unhealthy behaviour. Daughters of dieting moms are more than twice as likely to have ideas about dieting themselves, compared with girls whose mothers don't diet. And mimicking her mom's behaviour can quickly backfire, since teens who diet are more likely to be heavy as adults. "Dieting may actually cause weight gain, most likely because adolescents tend to diet unhealthily, alternating periods of restricting and overeating," says Bauer.

OVERCOME YOUR FATE

It's possible to reprogramme whatever Mom inadvertently taught you. Research shows that simply recognising the negative effects of disliking your body or going on fad diets – low self-esteem and nutritional deficiencies – can break the pattern. So can surrounding yourself with people who don't focus on weight or looks and participating in activities that emphasise being strong and healthy versus being thin. "Women can also reduce their own weight talk – whether it's focused on their own bodies or other people's bodies," says Bauer. So no snarking on bikini bodies in the tabloids, no matter how much fun it is! >

THE RELATIONSHIP LINK

Thembelihle*, 40
Thembelihle hasn't had contact with her mother in nearly a decade.

Growing up with an abusive mother who often withheld food as a punishment, Thembelihle developed dysfunctional eating habits early on. "When I was younger I didn't know any better, but, as I got older, I realised it was degrading," she says. She exerted authority by choosing not to eat rather than beg her mother for food. By the time she left home when she was 21, her rebellion had begun manifesting as several eating disorders: anorexia, bulimia and binge eating. Years of therapy have helped her forge a healthier relationship with food and her body.



Power struggles can cause the relationship to unravel – and keep you from achieving the weight you want.

BODY OF EVIDENCE

Moms who restrict food – whether deliberately or less maliciously (say, a mom who limits her pudgy daughter's carbs out of concern for her health) – can create anxiety and resentment, says clinical psychologist Dr Roni Cohen-Sandler. "Daughters can try to take back the control they feel their mother has taken from them by dieting, overeating or hiding food," she says.

"Toxic family influences can greatly affect your weight," says Willett. Maternal abuse (or even a far-less-severe lack of nurturing) can be a catalyst for weight loss or gain. In fact, a 2011 study shows that toddlers who had poor relationships with their mothers were more than twice as likely to be obese by the time they were teens. One theory why: parts of the brain that govern weight are also involved in managing stress and emotions and extreme anxiety has been linked to dysregulation in these areas, say study authors.

OVERCOME YOUR FATE

While you can't undo the past, you do have the opportunity to break the cycle by becoming aware of what drives your weight-bombing habits, then developing strategies to defuse them. Dispatch Mom to voicemail if picking up makes you feel tense, or take a walk around the block (instead of to the fridge) after a heated argument, advises Willett. If you need more help, "a therapeutic nutritionist can guide you in a sensible meal plan and, at the same time, debunk the myths about food and eating you've grown up with," says Cohen-Sandler. ■

*Name and identifying details have been changed.

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The Maybe-Baby Mindset

When it comes to getting pregnant, more women are letting fate decide. But experts say that kind of ambivalence might put you – and your potential offspring – in harm's way

By Malia Jacobson

Suzanne Claassens, 31, and her husband had never had a proper conversation about kids. All they knew was that they wanted one at some point. So, six months into their marriage, Suzanne stopped taking the Pill to get her body ready for when they eventually made a decision. To their surprise, she fell pregnant almost immediately – right in the middle of the 2010 FIFA World Cup.

Like a growing number of women, Suzanne wasn't gunning for a child, but she also wasn't carefully avoiding having one. In fact, women with this "maybe baby" mentality have come to outnumber those actively trying to get pregnant by a whopping four to one, according to a study in the *Maternal and Child Health Journal*. "I now see patients all the time who are ambivalent about pregnancy," says clinical psychologist Dr Elizabeth Lombardo, author of *A Happy You: Your Ultimate Prescription for Happiness*.

Pregnancy re-conception

Thanks to a host of seemingly viable back-up plans – egg freezing, new-and-improved in vitro fertilisation (IVF), genetic embryo testing – many women no longer feel the urgency to conceive during their younger years. In fact, in the 37 years since the world's first "test tube" baby made headlines, more than five million babies worldwide have been conceived using IVF or similar methods.

But it's not all about medical helping hands: social pressures surrounding pregnancy are also starting to change. "Women used to feel pressure to become pregnant within a year of getting married – two years, maximum," says clinical psychologist Michelle Maidenberg. But, while this may still be the case in very traditional families, a troubled economy and shifting breadwinner roles are causing delayed family plans to become more acceptable – even responsible. For some, the resulting relief has helped usher in a blasé attitude about having a baby.

For others, however, the lack of a socially imposed timetable has left them even more anxious than before. Minus the fear of being judged for not hopping on the mommy express, young

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women have ample time to overanalyse the pros and cons of pregnancy and the trade-offs they'll make for parenthood. "A lot of women are now scared to take an active step in that direction," says Maidenberg. "Pregnancy that happens without really trying, on the other hand, feels like it was meant to be."

If that sounds like a cop-out, it just might be: the maybe-baby approach often boils down to avoiding stress by adopting a Zen-like outlook, says obstetrician and gynaecologist Mary Rosser. In other words, choosing not to choose allows some women to skirt the nerve-racking "Am I ready for kids?" question and the often stressful and emotional process of trying to conceive.

Suzanne was in exactly that frame of mind. "We weren't ready to actually make that informed decision. We had vaguely decided on having just one child in the future, but we had no set timeframe planned. There was so much going on in our lives – we'd just got married, bought our first house and there were talks of possibly relocating to Durban for my husband's work."

Choosing not to choose allows some women to skirt the *"Am I ready for kids?"* question

A healthy gamble?

Because the maybe-baby mentality flies in the face of a traditional approach to family planning, it has some healthcare providers grappling for context. Most doctors have typically given advice based on the long-held assumption that if a woman wasn't trying to get pregnant, she was trying to avoid it, says Rosser. And physicians believed that if a woman had a casual attitude about pregnancy, she might be putting herself – and her potential kid – at risk.

Indeed, studies show that women with unplanned pregnancies are less likely to get early prenatal care and their babies have increased chances of arriving prem. Of course, a maybe-baby pregnancy isn't totally unplanned, but doctors worry that skipping out on early counselling could leave women in the dark about pregnancy-related health conditions, complications, or medication conflicts (normally harmless retinoid skin creams, for example, are hardly foetus-friendly). Plus, women who don't quickly realise they're expecting are more likely to engage in no-nos like boozy happy hours or social smoking, says Rosser.

Unaware of her pregnancy, Suzanne had spent the World Cup partying it up. "I did some research and that, combined with the doctor's feedback, reassured us that there was no need to worry at that stage – he was more concerned that I was craving fried chicken from fast food joints!" (Suzanne's pregnancy was textbook and her daughter, who weighed 4.25kg at birth, is now a smart, healthy four-year-old.)

Despite its downsides, a laid-back attitude towards conception can be a positive thing, says Rosser. A study in the journal *Fertility and Sterility* suggests that relaxing may actually help you get pregnant faster. And, in a way, skipping over the stress of planning a pregnancy is ideal – as long as the mom-to-be is healthy, says Lombardo.

Suzanne and her husband are currently discussing having a second child and finding the debate confusing and stressful. "I definitely preferred the carefree approach to what we're doing now," she says. "I loved the fact that she was a surprise – it was a true blessing."

The key to maintaining a responsible maybe-baby attitude is to strike the right balance: even though you're choosing not to choose, you still have to stay in baby-making shape (see "Baby Steps"). You also need to have realistic expectations. Fallback options such as IVF can be very expensive and are never fool-proof, and women with diabetes, high blood pressure and sexually transmitted infections must consult their doctors before throwing caution (and condoms) to the wind. ■

MAYBE-BABIES, BY THE NUMBERS

45% *of WH readers are pregnancy planners.*

28% *are in the maybe-baby camp.*

21% *of WH readers don't want kids at all.*

7% *say their genuinely surprise pregnancy was the best thing that ever happened to them (0 regret having one).*



*Source: WH online poll

BABY STEPS

Health advice every woman should follow – whether she's thinking about pregnancy or not – from Dr Mary Rosser

Step 1

Yes, you've heard this before, but **folate** not only protects against neural tube defects, it also wards off anaemia and prevents DNA mutations that can lead to cancer. Get at least 400mcg of the B vitamin a day.

Step 2

They're controversial, but some **immunisations** are a must and can't be administered if you already have a baby on board. Make sure your tetanus, measles-mumps-rubella and chicken pox vaccines are up to date.

Step 3

Cigarette smoking – even just a social puff – riddles your bloodstream with chemicals and heightens the risk for infertility, miscarriage and sudden infant death syndrome. Need we say more? Ditch the cancer sticks.

Step 4

Rocking a fit bod benefits everyone: a **normal weight** and body mass index (BMI) means lower chances of diabetes and heart disease for you, and a reduced risk for preterm birth, birth defects and obesity for your potential mini-me.

ISTOCKPHOTO.COM; THOMAS FUCHS (ILLUSTRATION); ADDITIONAL REPORTING: WANITA NICOL

YOUR BODY ON... HANGING WITH A PET

Spending time with a dog or a cat – or even a goldfish! – can make you happier and healthier



Mood

▶ Just half an hour with a pooch can trigger your brain to release chemicals linked to happiness. Bonus: the pup gets the same feel-good lift!

▶ Cats also help ease the blues. Kitty owners can be less lonely and have higher morale than those who don't have a cat – most likely because cuddling with an animal can unleash oxytocin, the body's "love" hormone.

Stress

▶ Being with a dog for five minutes can lower your levels of cortisol, a stress hormone. The effect is so pronounced that, in one study, frazzled people said they felt it was more relaxing to be around their pets than their spouses.

▶ It even works at the office: research found that people who brought their dogs to work had lower stress levels throughout the day.

Pain relief

▶ Research suggests that spending time with animal pals may help ease your pain.

Fitness level

▶ Active mutts need, well, activity. So it's no surprise that dog owners are more likely to be in shape. They're also more likely to get the vigorous workouts the body needs.

▶ There's more: walking with a dog – versus cruising alone – has been linked to more social interactions, such as having a conversation with strangers, like, say, that cute guy at the park.

Heart

▶ Petting an animal – or watching fish swim around in a tank – can lower your heart rate and blood pressure.

▶ Pet aficionados may also have lower levels of heart-hurting cholesterol and fatty triglycerides.

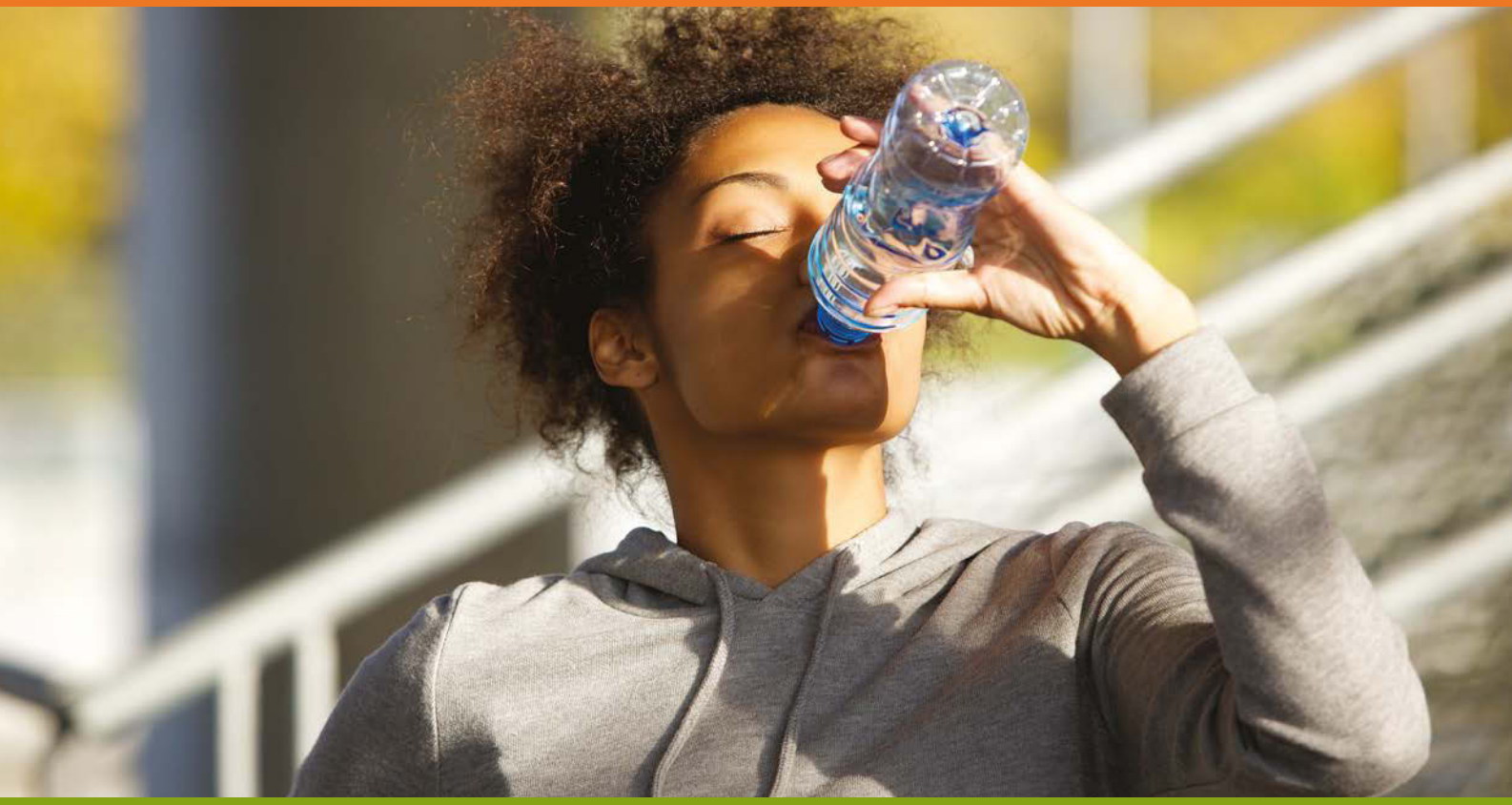
▶ The really great news? One study found that cat owners were less likely to die from heart disease than those who live sans felines. Another found that dog owners were nine times more likely to be alive one year after a heart attack than those without dogs.

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Your Plan For A Healthier Life

Shot, Bru

Feel like a shot? At 8am? Before a long day in the office? These tiny tots will keep you going all day long

By Amelia Jean Jones

You're watching a group of twentysomethings knocking back shots at the bar – a little pick-me-up to stave off the effects from the night before. It's not a cheeky espresso, or a misguided tequila – life lesson: hair of the dog never wins in the end.

It's called a "wellness shot" or a very, very small juice. Yep, liquid devotees are downsizing.

These quick little shots of medical tonic will boost your nutrient intake, lift flagging energy, ward off a cold or settle a dodgy tummy.

We're not saying they're going to taste as yummy as a double-thick chocolate milkshake – they're meant to be knocked back, so chug 'em down fast – but, "for anyone wanting to avoid sugar, they're a good option," when comparing them to regular fruit juices, says nutritionist Rhaya Jordan.

Knock one back on an empty stomach, at least 15 minutes before eating, to ensure optimum absorption. But, says Jordan, swallowing straight after dinner means "the potent taste will turn on your saliva glands and kick-start digestion."

Either way, we've found the savviest shots to get you through the flu months. They're definitely healthier than tequila, though less likely to have you twerking come midnight. Here's when to take them, how to make them and why you should swig them down...

Bee young

WHEN

You've seen yourself the morning after (eek!).

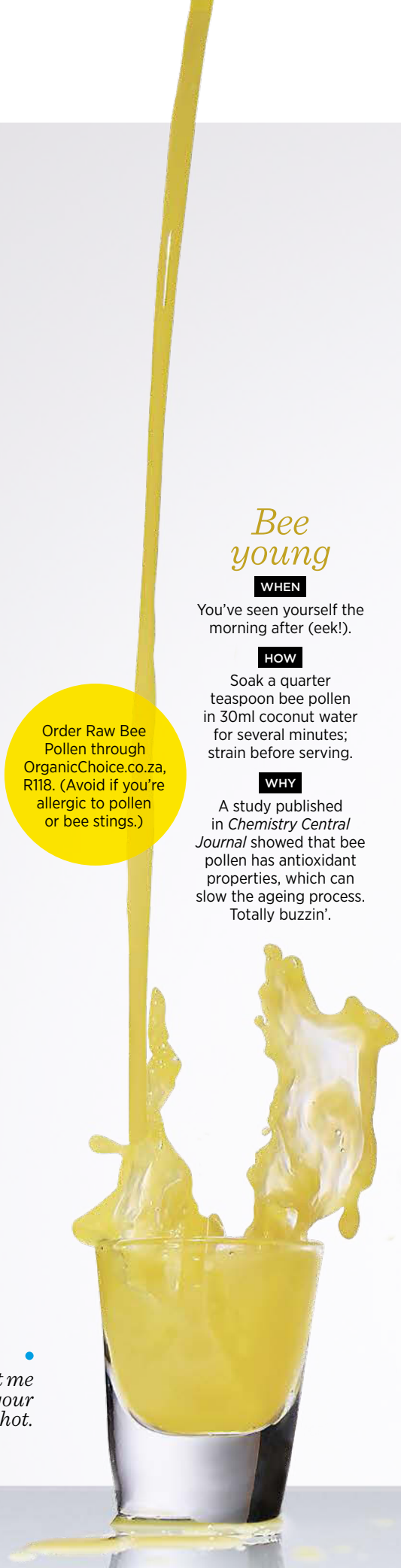
HOW

Soak a quarter teaspoon bee pollen in 30ml coconut water for several minutes; strain before serving.

WHY

A study published in *Chemistry Central Journal* showed that bee pollen has antioxidant properties, which can slow the ageing process. Totally buzzin'.

Order Raw Bee Pollen through OrganicChoice.co.za, R118. (Avoid if you're allergic to pollen or bee stings.)



Hit me with your best shot.

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Flu fighter

WHEN

That itchy, scratchy throat starts.

HOW

Add half a knob of ginger to simmering water for five to 10 minutes before adding cumin seeds and a cinnamon stick. Bring water to a boil and add paprika and cardamom; strain before serving.

WHY

The antiseptic properties of cumin can fight flu by boosting your immune system. Hot stuff.

Workout warm-up

WHEN

Before you hit the gym.

HOW

Add one teaspoon turmeric and one tablespoon liquid honey to a shot glass full of warm water.

WHY

The *Journal of the International Society of Sports Nutrition* revealed that curcumin, found in turmeric, can prevent delayed onset muscle soreness (DOMS). Score!

To make ginger juice, peel and grate fresh ginger onto a cheesecloth. Gather and squeeze cheesecloth over a jug or bowl and watch the ginger juice trickle out.

Gut feeling

WHEN

To settle your tum after chowing down on mom's rich beef stew.

HOW

Blitz five millilitres of lemon juice and 15ml ginger juice with a pinch of cayenne pepper.

WHY

Just 30mg of cayenne pepper three times daily can significantly reduce indigestion.

Mood booster

WHEN

The cold weather starts making you feel glum.

HOW

Blitz together 40g pineapple, 20g kale and eight grams fresh ginger.

WHY

You need vitamin K from the kale to absorb dietary calcium – studies have linked this to helping prevent unstable moods.



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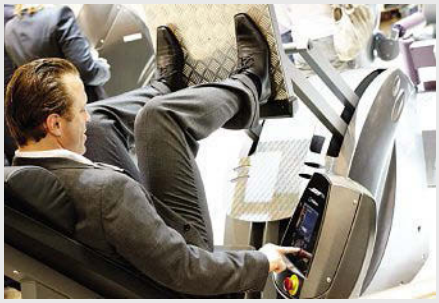
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Steam Things Up

Steaming and poaching are easy ways to seal in food's moisture, sans the extra fat. Invite your man to help you cook these four recipes – you never know, things could get a little heated...

By Nealey Dozier

MCC-steamed shellfish, page 114.

PHOTOGRAPHS BY MARCUS NILSSON

QUICK RAMEN WITH POACHED EGGS

- 4 cups low-sodium chicken stock
- 2 tbsp white miso paste
- 2 tsp low-sodium soy sauce
- 1 tsp freshly grated ginger
- 1 large clove garlic, pressed
- 2 packages instant ramen noodles (discard flavouring)
- 220g baby pak choi leaves
- 4 large eggs

1/ Whisk stock, miso paste, soy sauce, ginger and garlic together in a stockpot and bring to a boil. Add noodles and pak choi, cover and cook until noodles begin to soften (two minutes), stirring to separate.

2/ Reduce heat to low. Crack eggs onto noodles, being careful not to break yolks. Cover the pot and poach eggs for about three minutes.

3/ Carefully divide ramen and eggs among four bowls, ensuring you don't break yolks. Garnish each bowl with a little chilli sauce, toasted sesame oil and spring onions to taste (optional).

SERVES 4. *Per serving: 1128kJ, 7g fat (2g sat), 33g carbs, 740mg sodium, 4g fibre, 18g protein*

TIP:
To make this wheat-free, grain-free and extra healthy, swap noodles for baby marrow. Use a julienne peeler to get the right size, or make ribbons with a regular peeler and thinly slice these lengthways.



Shallow poaching

With this method, the food isn't fully covered by liquid, so it cooks through a combination of simmering and steaming.

Eggs give a protein boost and when the yolk breaks into the stock, it makes for a creamier, denser texture.

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Foods with a high water content (berries, mushrooms, bell peppers) release flavourful juices that mingle with the cooking liquid.

FRUIT EN PAPILLOTE

- 220g apricots, pitted and sliced
- 100g pitted cherries
- 220g blackberries
- 1½ tbsp raw cane sugar (or brown sugar)
- 2 tbsp orange juice or liqueur (like Cointreau)
- ½ tsp orange zest
- 2 tsp vanilla essence
- 2 tsp honey, for drizzling
- 4 tbsp fat-free vanilla Greek yoghurt
- ¼ cup coconut flakes, toasted

1/ Preheat oven to 200°C.

2/ Combine fruit, sugar, juice or liqueur, zest and vanilla and set aside.

3/ Fold a 30cmx40cm sheet of parchment paper in half crosswise, crease, then open flat. Using a slotted spoon, scoop a quarter of the fruit onto one side of the crease. Fold parchment on the crease, aligning the edges. Form a half-moon packet by making small, overlapping pleats starting at the end nearest you and curving around until the packet is sealed. Repeat with three more pieces of parchment and remaining fruit, reserving liquids.

4/ Place packets on a baking sheet and bake for eight minutes. Open the packets and allow fruit to cool. Drizzle with reserved juices and honey and top with a tablespoon each of yoghurt and coconut flakes.

SERVES 4. *Per serving: 710kJ, 4g fat (3g sat), 29g carbs, 10mg sodium, 5g fibre, 4g protein*

Oven steaming

In this traditional French technique, steaming occurs inside a parchment packet. Cut ingredients into similar-size pieces so they cook evenly.

TIP:
You can use frozen berries for this recipe and mix the selection up with raspberries, mulberries and peaches.

Deep poaching

The key here is keeping the cooking liquid (in this case, oil) at a low temperature. It should never rise above boiling (100°C).



OLIVE OIL-POACHED SALMON

- 4 cups water
- ¼ cup kosher salt
- 4 skinless salmon fillets (170g each)
- 1 lemon
- 1 clove garlic, smashed
- 3 cups extra-virgin olive oil

1/ Whisk water and salt in a large bowl. Add fillets and soak for four minutes. Remove and pat dry.

2/ Peel lemon into 2.5cm strips. Rub a shallow pan with lemon peel (skin side) and garlic, and leave both in the pan.

3/ Fill the pan with enough oil to cover fillets. Heat on medium until a food thermometer reads about 50°C. Add fillets and cook until their internal temperature reaches 46°C to 62°C (about 10 to 12 minutes). Adjust heat as needed to keep the oil temperature around 50°C.

4/ Remove fillets and place on a wire rack to drain. Serve with lemon wedges and greens.

SERVES 4. *Per serving: 1 421kJ, 21g fat (3.5sat), 0g carbs, 490mg sodium, 0g fibre, 35g protein*

TIP: Swap the extra-virgin olive oil for avocado oil or dry white wine.

Use a high-quality extra-virgin olive oil for poaching, because the fish will pick up some of its flavour.

Stove-top steaming

Hot vapour from simmering liquid cooks food fast, helping to lock in its natural flavour and moisture, but it's still gentle enough to leave nutrients intact.

MCC-STEAMED SHELLFISH

- 1 tbsp extra-virgin olive oil
- 55g chorizo, diced
- 1 medium shallot, thinly sliced
- 2 large cloves garlic, minced
- ½ tsp saffron
- ¼ tsp dried chilli flakes
- 2 cups Methodé Cap Classique (MCC) or sparkling wine
- 1kg mussels and clams
- 2 tbsp minced Italian parsley

1/ Heat oil in a large pot over medium heat. Add chorizo and shallot and cook until shallot is tender (five minutes). Add garlic, saffron and chilli flakes and sauté for another 30 seconds. Pour in MCC and bring to a gentle boil.

2/ Add shellfish to the pot, cover and cook for eight minutes or until the shells have opened. Transfer open shells to a bowl to avoid overcooking and discard any that do not open.

3/ Stir parsley into the stock and pour it over the shellfish. Serve with lemon wedges and oven-toasted bread.

SERVES 4. *Per serving: 1 421kJ, 12g fat (3g sat), 14g carbs, 750mg sodium, 0g fibre, 24g protein* ■

ADDITIONAL REPORTING: AMY RANKIN

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Phumzile – stronger, fitter and confident at last.

BEFORE 86kg

AFTER 55kg

"I love my body... finally!"

After numerous failed weight-loss attempts, it was a simple act of love that finally gave Phumzile Gambushe the motivation she needed to conquer poor body image, boost her self-esteem and drop 31kg.

THE GAIN

For years Phumzile was self-conscious about her appearance. "I was in a horrific accident and suffered third-degree burns at just three years old. As I grew into a young woman, this affected my self-esteem badly. I became an emotional eater," she says. "At the age of 12, I was wearing size 40." Embarrassed by her scarred body, Phumzile avoided the gym. That, combined with her diet – fried steak and bread for breakfast and pap and stew for supper – kept the scale climbing.

THE CHANGE

It was her daughter's love that finally inspired Phumzile's weight-loss journey. "My daughter was the one person who always told me, 'Mommy, you are beautiful.' She saw such beauty in me, which helped me start the journey to loving myself." It was difficult at first. "I had to face my scars and appreciate the fact that I did not die that day," explains Phumzile.

THE LIFESTYLE

Phumzile took stock of her diet. "I knew I could do better. I now have bran flakes with soy milk in the morning. For lunch, a shake or chicken salad. And for supper, I'll have a vegetable stir-fry with chicken or fish," she says. As her weight decreased, her energy surged and she did something she'd been afraid to do – join the gym. She now trains five days a week. "I do spinning, Pilates and loads of strength training," she says. "On Saturdays I run 12km outdoors. I also love the step machine – it does wonders for my booty."

THE REWARD

Phumzile is not the only one who has benefited from her lifestyle changes. "I've gone back to my community in KZN and encouraged women and young girls to eat healthily, exercise and never let any past experiences take away their joy in living life." And the biggest reward? Confidence. Last September she went to the beach in a bikini for the first time.

PHUMZILE'S TIPS

> **Easy come, easy stay.** "Make choices that you will be able to sustain for the rest of your life. Yo-yoing is unhealthy."

> **Keep testing the waters.** "Join a gym or group exercises. Start with a five-kay and increase your distance and pace as you become more fit."

> **Don't go back on your word.** "Make it a lifestyle and, always remember, you are what you eat."

YOU LOSE, YOU WIN!

Vitals

Phumzile Gambushe, 31, Pretoria

Occupation	Electrical engineering technician
Height	1.58m
Time taken to lose weight	One year
Secret weapon	Healthy eating and passion for exercise
Lesson learnt	"Take a chance to turn your life around"

...JUICED UP

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BEETROOT JUICE
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Better



FRESHLY SQUEEZED ORANGE JUICE
Per 100ml: 174kJ, 6.9g sugar, 0.2g fibre, 2mg sodium

Best!



FRESHLY SQUEEZED STRAWBERRY JUICE
Per 100ml: 160kJ, 7g sugar, 0.1g fibre, 1mg sodium

If you're going to drink your kilojoules, make them count. Water is best, then tea, coffee or milk – other beverages should be occasional treats. Fruit juice blends are usually sweetened with juice concentrates and put you at greater risk of cavities and weight gain. So, freshly squeezed is best. All these juices are high in vitamin C, with an extra boost of potassium. Ideally, skip the juice and eat fresh fruit and veggies, which contain hunger-busting fibre without the kilojoule overload.

BEN BERGH; SHOT ON LOCATION AT VIRGIN ACTIVE, MELROSE ARCH; WORDS: GOTLHOKWANG ANGOMA; "GOOD, BETTER, BEST": ISTOCKPHOTO.COM; WORDS: CELESTE NAUDÉ

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GO NUTS

Cashews aren't just a tasty (and creative) base for a marinade: tree nuts like these have been linked to better weight maintenance, happier moods – thanks to magnesium and the amino acid tryptophan – and, possibly, even a longer life. And the similarly nutty almond milk surpasses dairy in bone-building calcium and has none of the saturated fat or cholesterol.

BOOST YOUR BREADING

You probably know that foods like quinoa are rich in fibre. But quinoa actually has tons of protein too, contributing four grams per serving. That's almost as much as the chicken itself, which tallies around six grams. Using it to coat the chicken before baking it means you get all the crunch *sans* the frying.

DON'T PASS THE BUCKET

A serving of fast-food chicken could rack up almost twice the kilojoules, fat and cholesterol-raising saturated fat of this do-it-yourself version. Here, you use white breast meat rather than darker thighs, ditch the fat-hoarding skin and bake rather than submerging in oil.

SLAM DUNK

The dip comes guilt-free at under 125kJ per serving; we can't say the same for even a tiny cup of drive-through honey mustard or ranch sauce, which could each top 580kJ.

3 cups whole raw cashews, soaked overnight and drained
4 cloves garlic, minced
⅓ cup lemon juice
1 tbsp dill
½ tsp onion powder
2 tbsp hot sauce
2 cups almond milk, divided
4 boneless, skinless chicken breasts (110g each), trimmed and pounded flat
2 cups cooked quinoa
4 tsp olive oil
2 tbsp tomato paste

In a blender, combine cashews, garlic, lemon juice, dill, onion powder, hot sauce and one cup almond milk. Set aside half a cup of this mixture, then add remaining cup of almond milk to blender and combine. Pour into a ziplock bag, add chicken and marinate for 30 minutes. Preheat oven to 200°C. Coat chicken in quinoa and pan-sear over high heat with three teaspoons oil for three minutes per side. Place on an oil-coated rack (use remaining oil) on top of a baking pan; bake for 25 minutes. Flip halfway through. Combine reserved cashew mixture and tomato paste for the sauce. Garnish with lemon.

SERVES 4. *Per serving: 1233kJ, 15g fat (2.5g sat), 28g carbs, 294mg sodium, 3g fibre, 13.5g protein*

BRIAN KENNEDY; WORDS: KERI GLASSMAN

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Use these tips and watch your dough rise.

Control The Purse Strings

Research says females possess better money-making traits than men do. Here's how to capitalise on them

By Jean Chatzky



It's obvious to any woman who has spent more than five minutes talking to a man that the two sexes are not wired the same way. And studies have helped us understand exactly why male and female brains process things in such disparate, often opposing, ways. One of the most surprising discoveries undercuts the traditional notion that men are naturally better at managing money than women are.

"Women have the temperament not only to set financial goals but also to achieve them," says LouAnn Lofton, author of *Warren Buffett Invests Like a Girl: and Why You Should Too*. Here's how you can harness your inborn tendencies and use them to your cash-accruing advantage.

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Tap into your caretaking instinct

When someone's man-down with a nasty cold, the person standing at the door with warm chicken soup is likely to be a woman. You can trace that loving tendency to our ancestors: men were the hunters, women the nurturers. Today's women feel just as responsible – for husbands, kids, friends and ageing parents. "When it comes to saving, women don't just think about themselves," says Annamaria Lusardi, author of *Overcoming the Saving Slump*. Saving, for many women, often means working towards a goal that will benefit loved ones in significant ways.

How can you activate that trait? Use visual cues to prompt yourself to put away more. A photo of the beach house where you and your husband can envision spending your retirement will remind you to bump up the contribution to your RA; a snapshot of your child in a graduation gown can encourage you to put more into a varsity savings plan.

Ask for directions

Remember how it was before GPS? You and your guy would be driving around, clearly lost. You'd want to ask for help; he'd insist he could rely on his inner compass. Chances are, you deal with finances in much the same way. Research shows that women are aware of their lack of financial knowledge, which may suggest why they're more willing to ask for advice. A study in the *Quarterly Journal of Economics* also showed that women are less likely than men to make poor financial decisions as a result of overconfidence. "Men tend to view asking for help as a sign of weakness," says Dr Doug Hirschhorn, who coaches Wall Street traders. "But women view it as a rational thing to do. As a result, they gain critical information and often make smarter decisions."

More proof: a US survey found that more women than men say a financial advisor is important. What holds some women back? Paying for that advice. If that's your hurdle, visit Findanadvisor.co.za for one within your budget.

"Men tend to view asking for help as a *sign of weakness.* But women view it as a rational thing to do"

Let your calmer head prevail

Women take fewer financial risks than men, but not because we're wusses. Both sexes secrete the hormone oxytocin in stressful situations, but women secrete more of it, which helps us stay calmer.

"When it comes to the markets, a man might fear missing out on a hot tip," says Hirschhorn. So guys leap – possibly unwisely – faster than women might.

There are times a cautious nature can work against you. US research showed that single women were more likely than single men to choose conservative asset allocations – fixed deposits, money-market funds – for retirement accounts, which means they may not have been making as much from their savings as they should have been. If you suspect you're playing it too safe, research other investment options. But chat to an advisor before you jump.

Act all grown up

It's not exactly a big surprise that women mature earlier than men do. As a result, they tend to display better judgement, particularly when it comes to money. This difference, say experts, can help women get off on the right financial footing at an earlier age – and that's a huge advantage, because, the simple fact is, the earlier you start to save and invest, the more time your money has to work for you. Can you say "compound interest"? A good way to get a head start: sign up for a pension fund at work as soon as possible.

Keep sharing

Why do women tend to enjoy hobbies that are built around discussions (think book clubs and wine-tasting trips) while men can't seem to do more than grunt near each other on the golf course?

"When women talk to each other, particularly about emotionally stimulating topics, the interaction creates feelings of intimacy, which is one reason they're more likely to do it," says anthropologist Helen Fisher. But many men are emotionally contained and find sharing to be anxiety-provoking, so they're less likely to open up. Their loss: sharing info can help build wealth. Look at investment clubs – to start a club of your own, go to PSGonline.co.za.

Focus on the future

Women are more likely than men to think long-term, says Fisher. What's more, a study conducted by Mark Murphy, author of *Hard Goals: the Secret to Getting from Where You Are to Where You Want to Be*, found that women were more likely not only to set challenging goals but also to stick to them – and that helps women financially. The problem is that South Africans tend to underperform in the market, says Jason Garner from Old Mutual Private Wealth Management. Why? We try to time the markets instead of having a clear long-term investment strategy. ■

On The Other Hand...

One aspect of money manoeuvring in which men win over their female counterparts: time allotment. The fact is, guys are willing to spend more hours reviewing their finances than women are. Sound familiar? Make sure you focus on your finances long enough to follow these tips:

> Find out where your money is (really) going. Sign up to a budget tool such as 22seven.com, which is owned by Old Mutual. "Its sole purpose is to provide you with clear and concise budget information across all your banking facilities," says Garner. You'll be able to see all your accounts and transactions in one place, what you owe and can borrow, and it even categorises your transactions to show you exactly how much you spend on what. This eye-opener can nudge you into spending less.

> Max out your pension fund. A study published in *Tax Policy and the Economy* investigated what would happen if the automatic contribution to employees' pension fund accounts was doubled. You might assume that many of the workers would opt out after learning that a bigger chunk of their salary was being taken out of their hot little hands and put into investments, but, virtually, none of them did.

The lesson to be learnt here: you can probably save more money than you are saving right now, so max out your retirement contribution, or at least increase it as much as possible – particularly if your company is matching a percentage of it.

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No one has to be a caterpillar forever. Transform yourself!

GREATSTOCK/CORBIS

Rise Of The Second-Act Career

If you've fantasised about changing your profession, now's the moment: more and more women are making major switches. It's possible, no matter how well-worn your current career path is

By Lauren Sherman

Cheryl van Deventer* was in her late thirties when she submitted her CV to a fashion website for an internship. A nurse for 12 years, Cheryl felt burnt out from working in a paediatric cancer ward at a busy hospital. She decided that if she wanted to make a career change, it was now or never.

Not only was she 10 years older than her would-be boss, Cheryl came with less writing and fashion experience than most of the 19-year-old applicants. Yet she got the job anyway – and I'm the one who hired her. I could tell from her cover letter that she was a naturally gifted writer with a real interest in – and strong, insightful opinions about – fashion and beauty. And I figured that she'd be easier to train than a typical student seeking work experience; she'd already had plenty of that, so getting her to show up on time and do the required tasks would be a breeze.

I was right, and when Cheryl's internship ended, I asked her to come on as a contributor. She stayed at the site much longer than I did and even ended up taking a full-time position as its beauty editor. Today, she's a successful freelance writer who just so happens to have a great reinvention tale to tell about herself.

KICK OFF THE TRANSFORMATION

To some, Cheryl's metamorphosis might sound like a fantasy come true. While swapping jobs is *de rigueur*, making a major career change is less typical – and more difficult. How many of your friends have pulled a Cheryl? Probably very few. >



So over One Direction? Get back on the road and reroute.

CAREER-CHANGE ARTISTS

Two women who returned to square one – and succeeded

Janet Chadwick, 40

The move: After working for 20 years in administration departments (receptionist, secretary, PA), Janet left her job as executive assistant to the GM of a large company to stay at home with her baby son. Her mom helped her, but, when she was murdered four years ago, Janet spent a year trying to make sense of everything. She was 30kg overweight when she discovered the Paleo diet. She began to do a large cook once a month – both for her budget and to avoid getting takeaways. She wanted to share her healthy, convenient food with others.

How she did it: Two years ago, Janet started Oetzi, delivering frozen Paleo meals to households in Cape Town. She got her friend involved and they began with a small chest freezer, an eight-litre pot and a food processor. Four months later, they quadrupled their freezer capacity. Janet has subsequently bought her partner out.

The pay-off: Janet now has a stable client base and three employees. "I've managed to create balance, where I'm able to enjoy some down time with my family during the week," she says.

Follow her lead: Start with what you want and work on how to get it. "Find your passions and figure out how you can bring them to others."

Karen Morris, 37

The move: Karen was a retail secretary for eight years, with another four years in the retail sector behind her, when her husband was relocated. She found a job as a secretary for a company that implemented energy-efficient upgrade projects. Not long afterwards, she realised she wanted to be a project manager.

How she did it: Karen attended workshops on climate change and project management. She was hired at SouthSouthNorth – a company that promotes sustainable development and addresses climate change – and attended a project management course at Stellenbosch University. "Just hearing 'sustainability' or 'mitigation and adaptation' was enough to put me in a tailspin. So I read articles on the subjects and surrounded myself with people working in the field. Asking questions helped a lot!"

The pay-off: Karen loves the impact her work has on people's lives. "It's so rewarding seeing the joy on someone's face when they experience running hot water in their home for the first time."

Follow her lead: Don't rue "wasted" time. "A lot of the skills I learnt in the retail sector, I'm still using in my current position. I've achieved so much that I wouldn't have managed if we hadn't relocated."

Thing is, many of us aren't particularly happy with our chosen work paths. According to a 2013 survey, more than half of working adults are interested in changing careers. Still, no matter how good your reason – whether it's hours that never ease up, pay that won't get any higher or, simply, that you're not passionate about your job – the prospect of starting over when you're in your mid-thirties (or older) can feel completely overwhelming (some might even file it in the "oh shit, what now?" category).

"As you *are* your job, you need to make sure there's an alignment between your company or job and the true you. You owe it to your soul to make a change if there isn't," says Kim Meredith, author of *Work Diva: How to Climb the Corporate Ladder Without Selling Your Soul*. "Be guided by what you want and what you believe, not what your family or boss tell you to do."

Plus, changing careers isn't as hard as it used to be, thanks to technology: you can start a blog about your dream field that gets you noticed by people hiring in that industry; display and promote your work (for free) on Tumblr; sell your products on HelloPretty.co.za, an online marketplace for emerging brands; or become an instant novelist by self-publishing your own e-book. There are even outside-of-the-box options for raising the cash you need to start your own business: crowdfunding sites like Kickstarter encourage you to announce your project – whether it's a documentary film or a cool new lamp company – and ask people to contribute or invest.

CONNECT BEFORE LEAPING

Only fools quit their jobs in a huff. Before you embark on a don't-look-back career dump, reach out to those who have the job you want. Worried about approaching strangers? Don't be.

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"Think of yourself as a product and market yourself as a brand. Create and develop yourself to get to the point where you are what people buy," says Meredith. And, in our more connected world, it's easy to ask people for career advice by sending them a message on Facebook or LinkedIn. Being referred by someone is always best, but, if you don't know someone who can recommend you, look for professional associations or a group on LinkedIn for people who do what you want to do, and reach out to them.

Then you have to think about money. If you're taking a more junior position or will be required to get an advanced degree, your income will most likely suffer. Take a hard look at your finances and decide whether or not you can truly handle a pay cut in service of your dream career. Financial behaviourist Jacquette Timmons says being monetarily prepared for the switch should be your number-one priority. "If you're single and living alone, you might consider taking on a roommate," she says. "If you're in a relationship, your partner might be able to shoulder more of the expenses for a few months." If you really can't afford to make less money, build your new career on nights and weekends.

You also might have to resign yourself to starting from the bottom. Again. That might mean working long hours and tackling the same a-monkey-could-do-it menial tasks as your wildly ambitious, fresh-out-of-varsity counterparts.

"To consider a more junior position, you have to work on adjusting emotionally to the fact that you no longer have seniority and keep reminding yourself that you're using this as a bridge to get to where you really want to be," says Timmons. The possible saving grace? Because you actually are a seasoned professional, you're probably better at anticipating the needs of your superiors than someone who has just graduated – so you will probably move up the ladder faster.

Market yourself as a brand. *Create and develop yourself to get to the point where you are* **what people buy**

And it's likely that many of the skills you already possess are "transferable", as career coaches like to say. With Cheryl, the nurse-turned-publishing-intern, it was her experience managing people and dealing with high-pressure situations that helped. And simply being a... well... grown-up? That's a quality that very few 21-year-olds possess – but that you do. ■

Are You Sure Your Job Is The Problem?

You might be searching for something else

When life sucks, it's easy to blame your job. But sometimes your gig isn't the real issue. "When people come to me wanting a new job, I always ask myself, 'What does this person really want and will a new career give them that?'" says career coach Christine Hassler, who estimates that about 50 percent of her clients who say they want to change their line of work are really looking for something else. "We think we're after one thing, but what we're really after is the feeling it will give us." A coach, counsellor or psychologist can help you figure out why you're fixated on an unrealised ambition; if paying for outside advice isn't possible, reach out to a mentor or friend who could serve as a sounding board. And, internally, think about what else is going on in your life that could be causing the wanting. Remember, "a career switch is not a magic bullet," says Jodi Glickman, author of *Great on the Job*. "It's not going to make you happy overnight."

*NAME HAS BEEN CHANGED; GALLO IMAGES/GETTYIMAGES.COM



6

BEAVER PONANI
SNATCH VAT
LADY GARDEN
HOO-HA COOCHIE
VAJAYJAY
KOEKIE
GUAVA
FANNY

By Nichi Hodgson Photographs by Jill Greenberg

So many names, so much to learn...

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Beavers love a little heavy petting.





Creature of the night.

Things we love about vaginas: they have more names than Snoop Dogg.

People have written poems, songs and plays about them, and, in our overexposed, overtly sexualised world, vaginas still hold the power to appall, enthrall and excite. Oh – and give birth. But it turns out we still have a few tricks to learn...

Oral sex how-to (for him)

A guide you might want to subtly leave on his bedside table...

1 "While you're kissing, press a thigh between her legs," says sex expert Midori, author of *Wild Side Sex: The Book of Kink* (like Madonna, she only needs one name). "Now, grind in, moving up and down. It's the washing-machine-on-spin-cycle principle – the overall vibration has a greater effect than just using a finger or two." Noted.

2 "Next, start to nibble through her skirt as a teasing prelude – she should soon start grinding on your face. But before her panties come off completely, try breathing and licking her *through* them. It'll make for a truly explosive touchdown when your tongue finally makes direct contact with her clitoris."

3 Now to master your technique. "If you want to practise clitoral stimulation, place a Tic Tac in a sandwich bag. Learn to suck the mint between your lips without using your teeth, then keep it there, while using your tongue to tease it." Well, that's certainly something they never mention in the adverts.

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22

Percentage of WH readers who would choose getting oral sex for the rest of their lives over intercourse or giving BJs

Question Time...

Things you never learnt during high school sex ed

Q. Can my Rabbit give me an STI?
If you've had an STI before, then yes, you can get it again from your vibrator, says sex educator Kate McCombs. "Toys made from porous material can harbour infections. Choose silicone, glass or stainless steel and clean them in soap and hot water." Non-electric silicone ones can even go in the dishwasher. Just watch out for who unloads it.

Q. Squirting – genetic trait or learnt skill?
Learnt skill. "All women have the anatomy to squirt," says Deborah Sundahl, author of *Female Ejaculation and the G-spot*. "Find the G-spot by placing a finger in your vagina and pushing up. It feels like the need to pee – bypass it with deep breaths. With practise, it will come." Pun intended.

Q. Can his cold sore give me genital herpes?
In a nutshell: yes. According to Dr Elna Rudolph, clinical head of MySexualHealth.co.za, the notion that HSV-1 is an oral infection and HSV-2 a genital one is no longer true. "You can get 'cold sores' on your genitals and genital herpes on your lips. If he's ever had a fever blister, he can give you genital herpes – the chance is slim though." In SA, 80 percent of the population have HSV-1 in their mouths, leaving a very small minority that can safely have oral sex. Cold sores on your coochie? Not ideal.

Q. Could I become vibrator-dependent?
Afraid so, says Rudolph. "If your brain gets used to reaching orgasm in a specific way, it becomes a learnt behaviour and deviating from that is difficult." Turn off to get turned on: try a bunch of ways to keep your clitoris (and brain) sensitive to all kinds of stimulation.

Q. Is it possible to grow a vagina?
Actually, yes. US scientists have pioneered a way to lab-grow a vagina from a woman's own cells. It can then be implanted into her body. The process takes just six weeks and the vagina even has full sexual function. But what do they do with the old one? >

STAT SOURCE: WH SEX SURVEY 2015

Three things your vajayjay would veto

Treat your vagina with kindness and it will return the favour

1 Smoking

It's much more difficult for your body to fight off the damage caused by HPV if you smoke. "Women who already have abnormal Pap smears have a much higher chance of it getting worse, up to the point of cervical cancer," says Rudolph. You're also more at risk for STIs like Trichomoniasis. Stub it out for the sake of your vag.

2 Douching

"Your vagina is like a self-cleaning oven – don't come close to it with any detergent," says Rudolph. "In fact, bacterial vaginosis, a condition where one or more of the natural bacteria in your vagina overgrows and causes a smelly discharge, is significantly more common among women who douche or try to wash inside their vaginas. Your vagina is not meant to smell like a rose, so stop trying to make it." But if you insist, for gynae's sake, put down the lemon-verbena soap on a rope and use a specially formulated wash. Femagene won't upset your beaver's balance, but only use it externally. "Never use soap inside your vagina and definitely don't squirt anything up there – especially not Betadine!" warns Rudolph.

3 Penetration-only orgasms

Too many of us still prioritise the hole as the goal – to our sexual detriment. A study by neuroendocrinologist Dr Kim Wallen found that just seven percent of women can climax from penetrative sex alone. What's more, he calculated the "C-V ratio" to show it's the distance between your clitoris and vagina that likely determines your ability to have a hole-in-one orgasm. The perfect pump-to-pleasure measurement was found to be 2.5cm. If yours is longer than that, don't let him think it's only his magic wand that counts.



Maybe it's time to consider a wax?

What he's thinking *down there*



Writer Josh Burt has seen a few vaginas in his time. He's still baffled...

"I approach vaginas with a sense of anxious doom. I've seen hairy ones, stubbly ones, big ones, small ones, but never a bald one. My first encounter found me sliding my hand into a girl's panties to find a full fisherman's beard. It was a valuable lesson in expecting the unexpected.

"Let's face it: vaginas look gross, they smell weird and break every rule of being dainty and feminine by daring to grow hair around themselves. But, frankly, we're too busy working out the mechanics to offer some real artistic appreciation. There's too much to figure out – what

History in briefs

Meet the WH timeline of vaginal hairstyles

480 – 325BC
The Nudie
Guys braided their pubes. Women got the bald treatment.

1401 – 1600
Renaissance Bald
Willing to take a risk for the smooth look, women went bald using arsenic.

1600 – 1790
Medical Merkin
The pube wig makes an appearance as a solution to a lice epidemic. Lovely.

1790 – 1830
Short and Curly
Had Darcy wanted a gift for Liz, pubes in a locket was the gesture *du jour*.

1946 – 1969
The Triangle
Itsy-bitsy bikini bottoms become the norm – women worry about stray spider's legs.

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you want rubbed, licked, flicked, kneaded, squeezed, spoken to, adored. The inner workings of a guy's mind during sex is like the bridge of *Star Trek* clanging 'red alert', filled with people running around, blindly pressing buttons until they finally hear an ecstatic groan. Once it's there, a weight lifts, like we've just remembered a forgotten pin number.

"Men talk about tits and bums until the cows come home, but few will admit to being a 'vagina guy'. There are no good or bad vaginas, they just are. We love them with unthinkable passion."

SIZE MATTERS
The average clitoris is seven- to 10cm long (counting internal and external tissue).

RARE CONDITION
Approximately one in 5 000 to 7 000 women is born without a vagina.

FEEL THE LOVE
A clitoris has twice as many nerve endings as a penis. In your face, Freud.

For when your hoo-ha isn't feeling hunky-dory...

Find out when your lady garden needs some love

Symptom: Burnt skin thanks to a bad bikini wax

Unless the skin is blistered, this doesn't require medical attention. Treat it as you would any other burn: run under cold water, apply cream such as E45, avoid intercourse until healed and get yourself a new beautician, pronto!

Symptom: Discharge after intercourse

As long as there's no strange colour or change in consistency, it's normal. Discharge increases with sexual arousal and the amount varies from woman to woman. And if a guy ejaculates inside you, expect to leak.

Symptom: Soreness or irritation after exercise

Cycling is one of the worst culprits for beaver-bruising – as a study in the *BMJ* found, female cyclists were at particular risk of infections and swelling. Saddle and handlebar positions are important – German scientists found sitting with your upper body at a 30-degree angle to the bike can reduce blood flow to your vagina by up to 70 percent. Stand up on your pedals every 10 minutes to avoid this.

Symptom: Pain during and after sex

One in five women experience pain during intercourse, for reasons ranging from serious gynae conditions to hormonal imbalances, infections or muscle spasms. These need to be excluded and then managed by an experienced multi-disciplinary team that can also address the psychological aspects of suffering from painful sex. Treatment may involve using vaginal dilators, physiotherapy and creams.

Symptom: Bleeding between periods

This warrants some form of medical investigation, as it can be caused by infection, cervical cancer or ectropion (also known as cervical erosion). Ectropion is a normal response to hormones and usually occurs in women of reproductive age, especially those using hormonal contraception. It can be scary, but as long as your smear tests are normal, it's unlikely to be a long-term worry.

Symptom: Pain at the top of your pubic bone

Generally, this means pelvic inflammatory disease (PID), a cyst or endometriosis. PID symptoms include fever, unusual discharge and bleeding. Cysts cause acute pain on one side, but often go away on their own. Painful sex, severe period pain and pain while defecating could be endometriosis, which can be eased with contraceptives. ■

KEY	BEAVER IN BOTHER	BEAVER BEWARE	HAPPY BEAVER

1971
Bush Fever
Playmate Liv Lindeland's bountiful bush made down-there hair cool.

1985 – 2000
Super Growers
Cindy Crawford and Stephanie Seymour rocked tame topiary.

1987
The Brazilian
Brazilian sisters opened a salon in NYC and made hair (or lack of) history.

2011 – 2012
The Vajazzle
Someone decided sticking crystals on your cooch was a good idea.

2014
The Vajacial
A cleansing treatment with an enzyme mask. We'll stick to the face, thanks.

Don't be put off by big strength moves. This ridiculously effective routine is guaranteed to help check any body-shaping resolution off your list. Ready, set...

TRAIN LIKE A DUD (*AND* LOOK HOT!)



BY CAITLIN CARLSON
PHOTOGRAPHS BY TERRY DOYLE

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EMILY'S RECIPE FOR FASTER RESULTS: WORK HARD. EAT RIGHT. HAVE FUN. BE BADASS.

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Say hello to Emily Schromm, a 26-year-old personal trainer with abs for days and her own fitness brand, Unleashed Fitness.

Her physique is killer, but it's her empowering attitude that really shines. When Emily screams at you to bang out one more rep, you do it for this major reason: her brand of tough love doesn't break you down; it brings out your true potential. "There's nothing cooler than doing something you thought was impossible," she says. "I call it a superhero moment – that instant when something you do in the gym makes you feel invincible."

And who isn't up for that? Two days a week, perform these moves in order, resting 60 seconds after each; repeat the routine up to five times. Then get ready to, ahem, say hello to a hotter you.



1 | PUSH-UP ROW

"This combo hits your entire upper body and core like no other move."

Start in push-up position with your hands resting on a pair of dumbbells directly under your shoulders and your body forming a straight line from head to heels (**A**). Keeping your core tight, bend your elbows to lower your body to the floor (**B**). Press back to start, then row the left dumbbell up to your chest (**C**). Pause, then lower. Repeat on the right side. That's one rep. Do five. When five is manageable, increase the weight of the dumbbells.

Make it harder

Add on this total-body combo: from a standing position, squat down and jump your feet back into the plank. After each rep, reverse the move to return to standing.

2 | PISTOL SQUAT

"When done right, you're guaranteed a sore rear after a pistol day! It's the best butt move."

Sit on a box or chair. Lift your left leg and hold your arms out to the sides for balance (**A**). Driving through your right heel, stand up from the box (**B**). Pause, then return to start. Repeat on the other side. That's one rep. Do six.

Make it harder

Remove the box. From a standing position, lift your leg, lower your body towards the floor, then return to start.



Make it easier

Place your feet on a chair or box instead of the wall. Walk your hands towards the box while piking your butt up into the air.



3 | WALL WALK

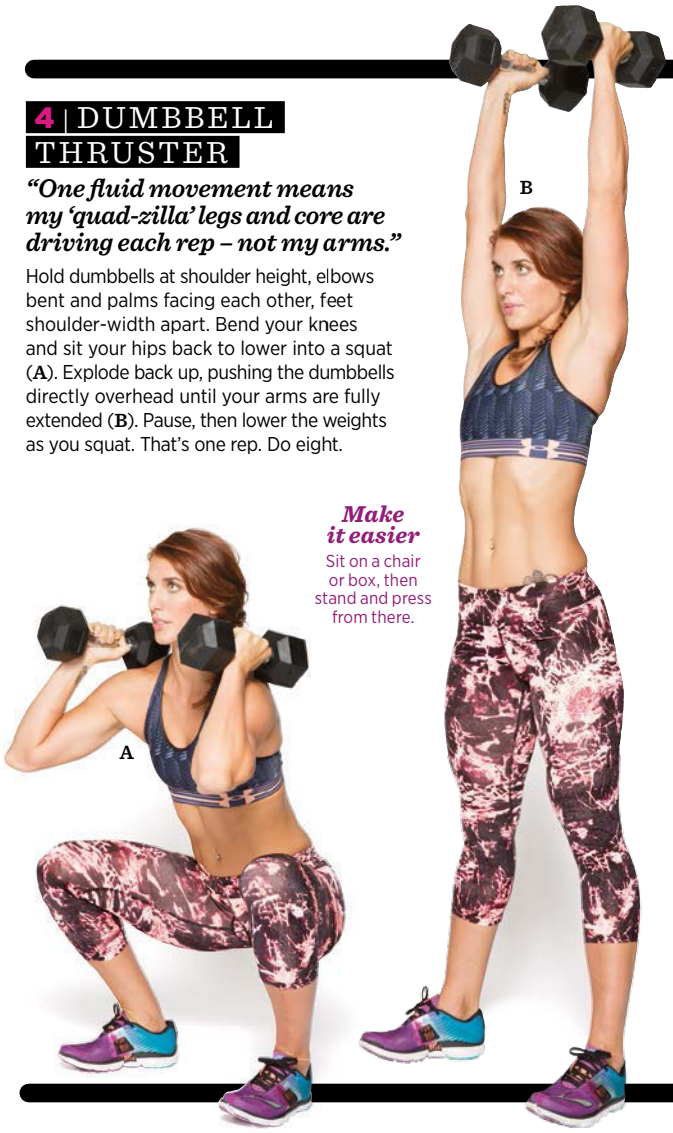
"It only takes one or two of these to get those arm muscles burning – it's that good! This move will give you beautiful, strong shoulders."

Start in plank position with your feet against a wall (**A**). Walk your feet, one at a time, up the wall (**B**), then begin to walk your hands closer to the wall (**C**). Continue until your torso touches the wall or until you start to feel unstable or your back begins to arch. Reverse the movement to return to start. Do one more. >

4 | DUMBBELL THRUSTER

"One fluid movement means my 'quad-zilla' legs and core are driving each rep – not my arms."

Hold dumbbells at shoulder height, elbows bent and palms facing each other, feet shoulder-width apart. Bend your knees and sit your hips back to lower into a squat (**A**). Explode back up, pushing the dumbbells directly overhead until your arms are fully extended (**B**). Pause, then lower the weights as you squat. That's one rep. Do eight.



Make it easier

Sit on a chair or box, then stand and press from there.



Make it easier

Put the dumbbells down and master the movement using just your body weight.

6 | DEADLIFT TO BENT-OVER ROW

"There is nothing sexier than a toned back, but many women neglect those muscles. This move hits your back, glutes and hamstrings all at once."

Standing with your feet shoulder-width apart, knees slightly bent, and holding dumbbells in front of your thighs, sit your hips back to lower your torso towards the floor (**A**). Pull the weights up to your ribs (**B**). Slowly lower the dumbbells and reverse the movement to return to standing. That's one rep. Do 10.

5 | HOLLOW ROCK

"By squeezing your legs, booty, core and shoulders together, you can work many muscle groups and really feel the burn quickly."

Lie on your back with your arms and legs raised towards the ceiling, head and shoulders lifted off the floor (**A**). Bracing your core, lower your arms and legs towards the floor, then rock your body forward and back in that position, like a rocking chair (**B**). Rock 12 times.

Make it harder

Slow down the movement to make sure your muscles, not momentum, are doing the work.



TOO HOT TO HANDLE?

Not that we care *too* much what they think, but out of interest, we asked *Men's Health* readers for their opinion on women who lift. Here's what they had to say

How do you feel about your girlfriend/wife doing guyish workout moves like pull-ups and pistol squats?



14%
Not cool, man – I don't want her doing moves that I can't even do!

66%
Awesome! We can train together.

20%
Hmmm... I hope she doesn't end up looking like a guy.

Women who lift – hot or not?

SOURCE: *MEN'S HEALTH* ONLINE POLL

PSYCHE PSYCH-UPS

STRONG MIND, STRONG BODY

If your head's not in it, tons of squats mean... squat. Emily's stealth secrets to think yourself fit:

1 DO SH-T THAT SCARES YOU.

"Maybe that means being the only woman in your gym's weights section. I was so scared when I first started doing CrossFit competitions, but conquering that fear has made me more confident in and out of the gym."

2 VISUALISE THE BEST YOU.

"Think about how you will feel when you're looking your best. How will you walk? How much more outgoing will you be? Picturing it can make it feel more real – and help you get through the hard work it will take to make it a reality."

3 SET *REALLY* SPECIFIC GOALS.

"For example, say, 'In three weeks, I want to be able to do X number of push-ups,' or 'Today, I want to do two more reps during this round than I did last week.' Long-term goals help keep you on track, while daily goals help push you harder in the moment."



> I call it a superhero moment – that instant when something you do in the gym makes you feel invincible

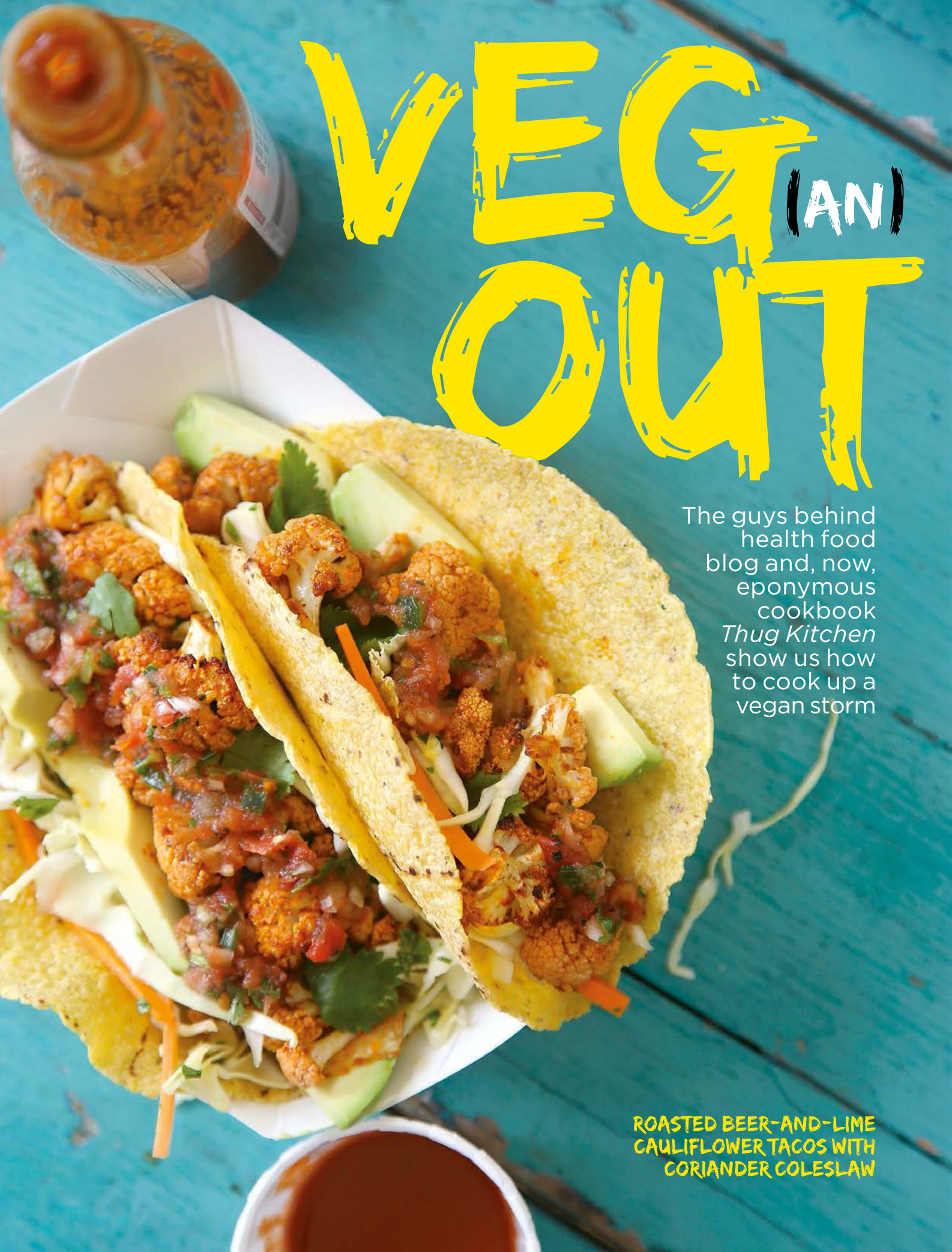
4

DEVELOP A "FIT GIRL" ATTITUDE.

"Identifying as a fit person makes it easier to commit to a healthy lifestyle. When you get thrown off your routine – and you will – it's easier to bounce back. And you'll make better decisions in general – like when you can't make it to the gym, you take the stairs all day." ■

VEG (AN) OUT

The guys behind health food blog and, now, eponymous cookbook *Thug Kitchen* show us how to cook up a vegan storm



ROASTED BEER-AND-LIME CAULIFLOWER TACOS WITH CORIANDER COLESLAW


SWEET-POTATO
ENCHILADAS



Creamy peanut slaw

- 3 cups thinly sliced red cabbage
- 3 cups thinly sliced green cabbage
- 1 carrot, cut into thin matchsticks
- ⅓ cup thinly sliced spring onions

FOR THE PEANUT DRESSING:

- 3 tbsp peanut butter
- 2 tbsp warm water
- 3 tbsp rice vinegar
- 2 tbsp lime juice
- 1 tbsp minced fresh ginger
- 1½ tsp Sriracha (or any Asian-style hot sauce)
- ½ tsp soy sauce

1/ To make the dressing, mix the peanut butter and warm water together in a medium glass until it's creamy. Add the rest of the dressing ingredients to the sauce and mix well.

2/ In a large bowl, combine all the slaw veggies. Pour the dressing over them and toss it all around until everything is coated. Serve the day it's made.

SERVES 4. *Per serving: 543kJ, 6g fat (1g sat), 17g carbs, 350mg sodium, 4g fibre, 4g protein*



This recipe is pretty flexible when it comes to fillings, so feel free to use what you've got. Just make sure that you have some lettuce, something crunchy (like cucumber and carrots) and at least one herb.

Sweet-and-sour dipping sauce

If you want to make a killer dipping sauce to go with the Thai rolls, try this recipe

- ½ cup rice vinegar
- 2 tbsp sugar
- 2 to 3 tsp chilli-and-garlic paste
- 1 tsp lime juice
- ¼ cup chopped peanuts

1/ Place the vinegar and sugar in a small saucepan and bring to a simmer over medium heat. Allow to cook for five minutes, stirring occasionally.

2/ Stir in the chilli-and-garlic paste and lime juice and turn off the heat. After cooling for a couple of minutes, pour into a glass and stick it in the fridge.

3/ Stir the peanuts into the sauce just before serving.

Ginger mushroom Thai rolls

- ½ tsp canola oil
- 220g assorted mushrooms
- 1½ tsp soy sauce
- ⅓ cup finely chopped spring onions
- 2 tbsp minced fresh ginger
- 3 cloves garlic
- ½ tsp toasted sesame oil

FOR THE ROLLS:

- 1 cucumber
- 1 carrot
- 1 cup fresh herbs (coriander, basil, mint)
- 6 lettuce leaves
- 12 large Thai spring-roll rice-paper wrappers

1/ Trim and slice the mushrooms into strips no thicker than your finger and mince the garlic.

2/ Heat the oil in a wok or pan over medium heat. Add the mushrooms and sauté until they start releasing a bunch of liquid (two minutes). Add the soy sauce, spring onions, ginger and garlic and cook until most of the liquid evaporates (about two more minutes). Add the toasted sesame oil, stir to combine, then turn off the heat. Place the filling on a plate to cool.

3/ For the rolls, cut everything up, except the lettuce, into strips about five-centimetres long. Cut the lettuce into thirds.

4/ Wipe the wok, then add 10cm of water and heat it up. The water should be warm, but not so hot that you can't put your hand in it. Place one spring-roll wrapper flat in the water for 15 seconds until it becomes bendy and translucent.

5/ Wrap the veggies into 12 neat rolls and serve.

SERVES 6. *Per serving (two rolls): 167kJ, 1g fat (0g sat), 6g carbs, 55mg sodium, 2g fibre, 2g protein*

HOW TO:

WRAP SPRING ROLLS

Fold the wrapper in half, straight edge at the bottom. Lay down a lettuce leaf and two fingers' worth of veggies and herbs and a scoop of sautéed mushrooms on the left side of the semicircle. Fold the wrapper over once, left to right, then fold the bottom up. Roll tightly and press the end flap gently against the roll.

HOW TO:

MAKE VEGAN WHIPPED CREAM

Keep a few tins of coconut milk in the fridge, so that you can make this recipe at any time. Open one tin, take out the thick cream on the surface and place it in a chilled bowl. (Keep the clearish liquid for smoothies.) Sift in two tablespoons icing sugar and add half a teaspoon vanilla essence. Beat on medium-high speed until fluffy and serve immediately.

Coconut cornmeal cake

- **1¼ cups finely ground cornmeal (not polenta!)**
- **¾ cup flour**
- **¾ cup sugar (or fructose)**
- **2 tsp baking powder**
- **½ tsp salt**
- **1½ cups coconut milk**
- **1 tsp vanilla essence**
- **½ tsp grated lemon zest**

1/ Heat the oven to 190°C.

2/ Whisk together the cornmeal, flour, sugar, baking powder and salt in a large bowl. Make a crater in the centre of the dry mixture and pour in the coconut milk, vanilla and lemon zest and stir it all up until there are no dry pockets and very few lumps.

3/ Pour the batter into a greased cake tin.

4/ Bake the cake until a toothpick stuck in the centre comes out clean (30 to 40 minutes).

5/ Remove and allow to cool in the pan for 15 minutes, then turn it out onto a wire rack to cool completely.

6/ Serve cold or at room temperature with whipped cream and fresh berries.

SERVES 8. *Per serving: 1 128kJ, 10g fat (8g sat), 43g carbs, 125mg sodium, 5g fibre, 4g protein*

To make sure the cake doesn't stick, cut a round out of baking paper the same size as the tin and stick that in the bottom of the cake tin. Grease the tin and dust with flour.

FROM PAGE 138

Roasted beer-and-lime cauliflower tacos with coriander coleslaw

- 450g cauliflower
- ¾ cup beer (lager)
- ¼ cup vegetable stock
- 1 tbsp lime juice
- 1½ tsp soy sauce
- 1½ tbsp of your go-to chipotle hot sauce
- 2 cloves garlic, sliced
- 1½ tsp chilli powder
- 1 tsp smoked paprika
- ¼ tsp ground cumin
- ¼ tsp garlic powder
- Pinch of salt
- 1 tbsp extra-virgin olive oil
- ½ onion, chopped
- 6 corn tortillas
- 1 avocado, sliced

FOR THE LIME-AND-CORIANDER SLAW:

- 220g green cabbage
- 1 small carrot
- 2 tbsp lime juice
- 2 tbsp rice vinegar
- 1 tsp extra-virgin olive oil
- ⅛ tsp salt
- ⅓ cup chopped coriander

FOR THE SALSA:

- 1 tin diced tomatoes
- ½ white onion, chopped
- ⅓ cup chopped spring onions
- ½ cup chopped coriander
- 3 green chillies
- 8 cloves roasted garlic
- ¼ tsp ground cumin
- Juice of ½ lime
- Salt to taste

1/ Crank your oven to 200°C. Grab a rimmed baking sheet.

2/ Chop the cauliflower into small florets no bigger than a R5-coin. In a saucepan, warm the beer, stock, lime juice, soy sauce, hot sauce and garlic over medium heat. Add the cauliflower and simmer for about two minutes. Drain.

3/ Toss the spices, salt and olive oil together in a large bowl. Add the cauliflower and onion and stir until coated. Dump them on the baking sheet and bake until browned, stirring halfway (about 20 minutes in total).

4/ To make the lime-and-coriander slaw, slice the cabbage into the thinnest strips you can and make sure they're not longer than five centimetres. Chop the carrot into thin matchsticks of the same length. In a small glass, mix together the lime juice, vinegar, oil and salt. Stir the dressing and coriander into the slaw just before you serve.

5/ To make the salsa, toss all the ingredients into a food processor and blitz until desired consistency is reached.

6/ To make the tacos, warm the tortillas in the oven or microwave, then pile them high with cauliflower filling, slices of avocado and some of the slaw. Top with plenty of salsa.

SERVES 6. *Per serving (1 taco): 878kJ, 11g fat (1.5g sat), 24g carbs, 160mg sodium, 6g fibre, 5g protein*

HOW TO:

ROAST GARLIC

Slice five millimetres off a bulb of garlic, exposing the innards. Drizzle one teaspoon olive oil over, then wrap the bulb in foil and roast for 40 minutes. Remove, allow to cool, then squeeze out the cloves.

FROM PAGE 139

Sweet-potato enchiladas

- 450g sweet potato, chopped into R5-coin-size pieces
- 2 tsp extra-virgin olive oil
- ½ onion, chopped
- 1 cup grated yellow squash or baby marrow
- 1 tsp chilli powder
- ½ tsp ground cumin
- ½ tsp salt
- 2 cloves garlic, minced
- 1 tin black beans
- 1 tsp agave syrup
- 1 pack corn tortillas
- Sliced avocado
- Chopped fresh coriander

FOR THE ENCHILADA SAUCE:

- 2¼ cups vegetable stock
- ⅓ cup tomato paste
- 2½ tbsp chilli powder
- 2 tsp ground cumin
- 1½ tsp dried origanum
- 3 cloves garlic, minced
- 2 tsp soy sauce
- 1 tbsp lime juice



1/ To make the enchilada sauce, dump everything but the lime juice into a saucepan and bring to a simmer. Whisk to combine ingredients thoroughly and cook for 10 to 15 minutes. Add the lime juice, then turn off the heat and allow to cool.

2/ To cook the sweet potato, grab a medium saucepan, fill it with five centimetres of water and bring to a boil over medium heat. Throw in your metal steamer basket and fill that with the chopped sweet potato. Cover and steam until tender (10 to 15 minutes).

3/ While the sweet potato steams, grab a large wok and heat the oil over medium heat. Add the onion and sauté until it begins to brown (five minutes). Toss in the squash (or marrow) and cook for another minute. Add the chilli powder, cumin, salt, garlic and black beans.

4/ Remove the steamed sweet potato and smash the pieces around. Some chunky bits are fine, so you don't need to work too hard at making this smooth.

5/ Fold the mashed sweet potato and agave syrup into the bean mixture and turn off the heat. Mix until combined.

6/ Crank your oven to 190°C. Grab a 20cmx30cm baking dish and cover the bottom of the baking dish with about one-and-a-half cups of enchilada sauce.

7/ Using your oven, or microwave, warm up the tortillas. Dip a tortilla in a little of the sauce in the baking dish so that the bottom is coated. Fill the tortilla with a few spoonfuls of filling, then roll it up and set it seam-side down in the dish. Keep going until you run out of space or filling.

8/ Cover the enchiladas with the remaining sauce, cover the dish tightly with foil and throw it in the oven for 20 minutes.

9/ Remove the foil and cook it for five more minutes, then allow to cool for a minute before serving. Garnish with some sliced avocado and chopped coriander.

SERVES 4. *Per serving (2 enchiladas): 1 839kJ, 11g fat (1.5g sat), 78g carbs, 700mg sodium, 15g fibre, 10g protein*

Minestrone

- 2 tsp extra-virgin olive oil
- 1 onion, chopped
- 2 carrots, sliced into half-moons
- 3 ribs celery, chopped
- 1 large potato, cut into dice-size pieces
- 2 tsp minced fresh rosemary
- 3 cloves garlic, minced
- Pinch chilli flakes
- 1 bay leaf
- 1 tin diced tomatoes (or 3 large tomatoes)
- ½ cup black lentils
- 7 cups vegetable stock
- ¼ tsp salt
- 1 cup small pasta shells
- 5 cups shredded kale
- 2 tsp red-wine vinegar
- Juice of ½ lemon
- ⅓ cup chopped fresh parsley
- ¼ cup minced fresh basil
- Ground pepper

1/ Grab a large pot and heat the oil over medium heat. Add the onion, carrots and celery and sauté until golden brown (three to five minutes). Add the potato, rosemary, garlic, chilli flakes and bay leaf. Cook for 30 seconds to get the garlic going, then add the diced tomatoes and lentils and give it another 30 seconds.

2/ Pour in all the stock and bring to a simmer. Reduce the heat and cook until the lentils are almost ready, but the potato is tender (15 minutes).

3/ Add the salt and pasta. Simmer until the pasta is cooked all the way (five to 10 minutes).

4/ Add kale and simmer for two more minutes.

5/ Stir in the vinegar and lemon juice and remove from the heat.

6/ Fold in the parsley and basil, wait two minutes, then check seasoning, adding pepper if necessary. Remove bay leaf and serve.

SERVES 6. *Per serving: 1 128kJ, 3g fat (0g sat), 52g carbs, 540mg sodium, 10g fibre, 11g protein* ■



Recipes extracted from *Thug Kitchen: Eat Like You Give a F*ck* by Matt Holloway and Michelle Davis (From R180, Amazon.com, published by Rodale). Visit ThugKitchen.com for more recipes.



For more insider style secrets, turn to p38.

Double duty

If you're into medium-impact sports, invest in a comfortable bra that can pass as a cropped training top – perfect for that sweaty Bikram sesh.

Maxed sports bra, R130, *Mr Price Sport;* leather boxing shorts, R559 and beanie, R129, *both Zara;* mélange coat, R599, *Woolworths;* watch, R599, Tempo at *Sterns*

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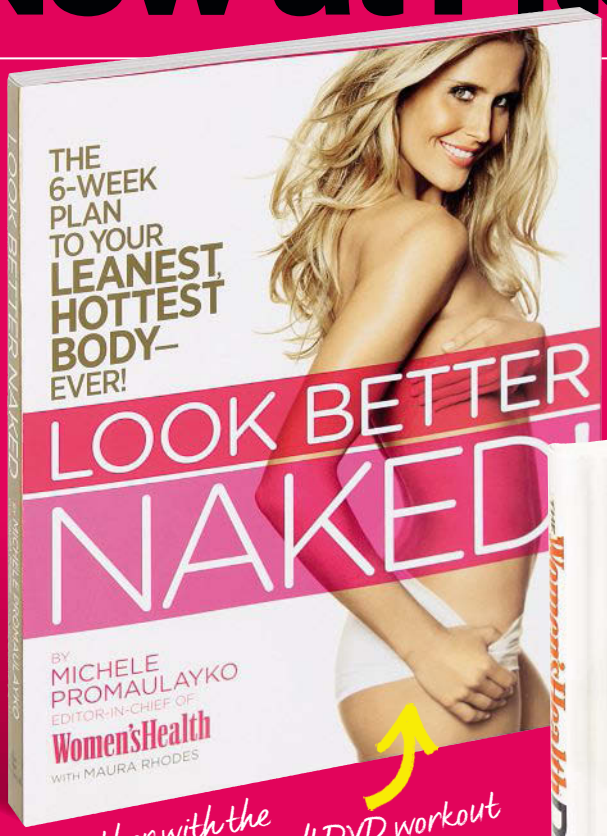
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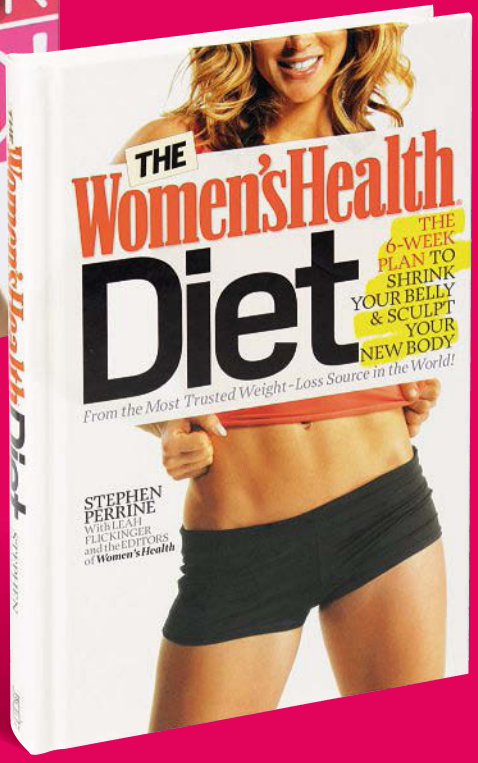
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Look Better Naked!

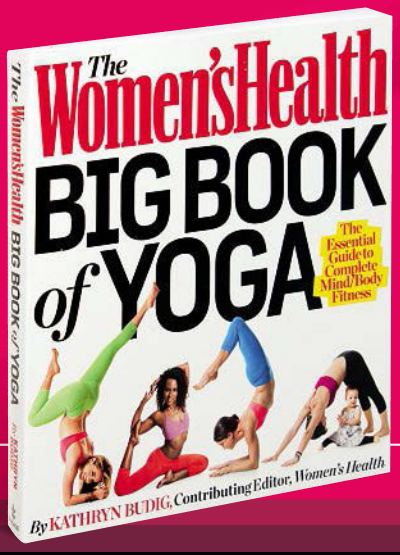
A complete diet, fitness, beauty and self-confidence plan created by ex US *Women's Health* editor Michele Promaulayko, *Look Better Naked!* combines an easy-to-follow nutrition programme with an innovative training regimen that targets specific body types and problem areas.

Use it together with the Look Better Naked! DVD workout and you'll see results in days!



The *Women's Health* Diet

The secret to reaching your sexy weight is boosting your metabolism with exercise *and* diet. Supplement the tips and advice you get from your monthly issue of *Women's Health* with a plan that will shift your body's composition from flabby to firm and have you burning kilojoules long after you've left the gym!



The *Women's Health* Big Book of Yoga

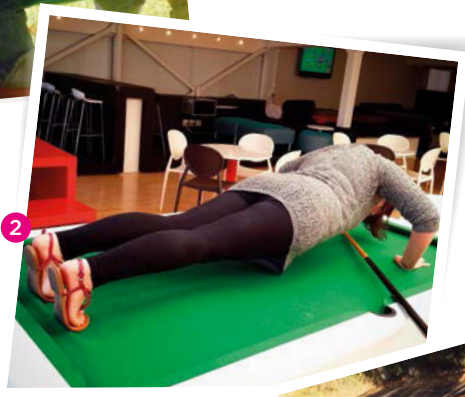
What can you do in 15 minutes? Pay a bill online? Heat up soup? How about a total-body yoga workout that burns fat, sculpts a lean, sexy shape, reduces stress, boosts energy and eliminates sugar cravings? And all this in the comfort of your own home! Bonus feature: an eating plan and recipes to match your nutrition to your mindset.

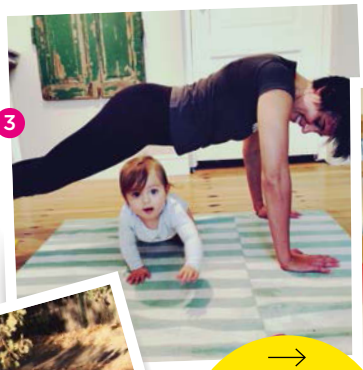
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#WHNoMoreKnees

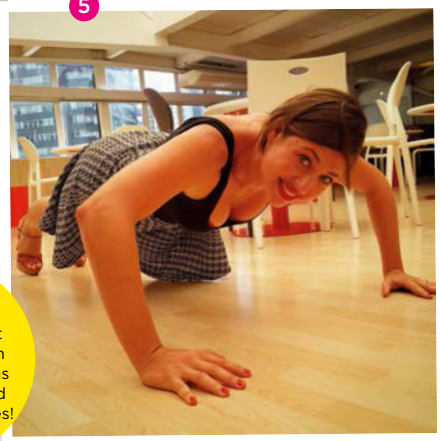
Girl push-up? Nah. The WH team has taken up the challenge and are reaping the full-body benefits of this classic move





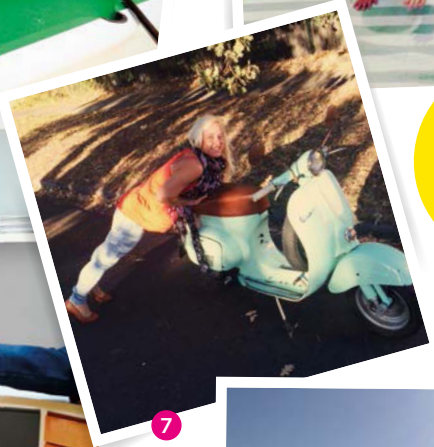


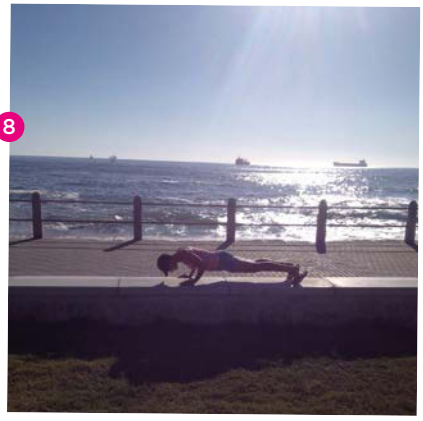


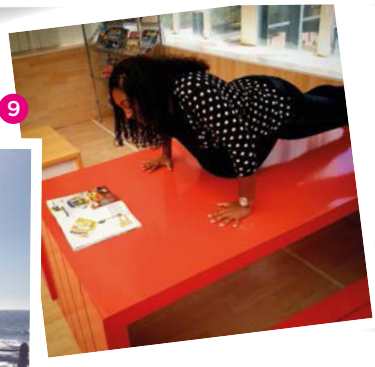


WH Online
Mastered it? Post a pic to Instagram and tag @WomensHealthMagSA and #WHNoMoreKnees!









1/ Gotlhokwang Angoma, senior features writer
Kickin' it with mother nature and experimenting with advanced push-ups. #PushingMyLimits

2/ Kirsty Carpenter, features ed
Minding my #PushUps and cues...

3/ Michelle von Schlicht, senior designer
Alexa-Mae making sure Mommy doesn't drop down on her knees. #WHFitMama

4/ Susan Barrett, managing ed
Deal with Dad: if he masters The Walk, I'll conquer The Push-up. #LegRest

5/ Amy Rankin, senior copy and food ed
Push-ups in high heels and a skirt – no problem! One hundred of these a week means a guilt-free glass of wine on Friday! #PushThrough

6/ Joy Niemack, assistant digital ed
My anytime, anywhere party trick! Bonus: I get great arms. #PushUps

7/ Thamar Houliston, online ed
No gym this morning – no excuses: my mode of transport becomes my workout equipment. #NoExcuses

8/ Wanita Nicol, assistant ed
Sundowners with a view... and a fitness twist. #WHNoMoreKnees

9/ Michelle October, editorial intern
A #WH internship tests your physical and mental limits... all at once! #ReadOn

Join In!

We love seeing you out there living a fit and healthy lifestyle. Take a selfie with your bestie at your next race, on the mat at your morning training session or simply enjoying a nutritious snack, and you could feature on our social media pages! Tweet us @WomensHealthSA and include #WHSnapshot.

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THE Women's Health BETTER SEX DIET

21 Speedy, Sex-Boosting Snacks, Salads And Suppers!

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Percentage of women who climax during oral sex.

8 000

Number of nerve endings on the visible nub of the clitoris – twice as many as the penis.

27

Minutes it takes the average woman to reach orgasm.

Contributors: Amy Rankin; Nikki Werner; Russell Smith; Joy Manning; Kenji Toma; Patricia Heal; Carolyn Malcoun; Christopher Testani; Christopher Sternman; Zach Desart; Sriram Aylur; Charlotte Tolhurst; Kate Boswell; Matthew Kadey; Marcus Nilsson; JoAnn Brader; Romulo Yanes; Renée Loux; Levi Brown; *The Real Meal Revolution*; istockphoto.com

Lovin' Spoonfuls

How to eat to look your best and feel incredible

Food and sex have been entwined in lore and literature ever since Eve ate the apple. From the ancient Greeks to the Chinese and Aztecs to, well, you, the two appetites have been closely connected. Hippocrates prescribed honey to fuel the libido. Montezuma supposedly drank 50 cups of cacahuate, a bitter chocolate drink, before making love to women. In 1749 Henry Fielding fed lobster, oysters and beef to his lovers in a highly sensual (for the time) chapter of *The History of Tom Jones, a Foundling*. Casanova ate oysters daily to keep the ladies satisfied. And how can you forget that famous scene in *9½ Weeks* where Mickey Rourke fed maraschino cherries to Kim Basinger?

Alas, triggering an instant hunger for sex by eating, say, a banana or an oyster just isn't going to happen. But go ahead and eat those sexy foods. It's well documented that delicious food and sex activate the exact same pleasure and reward receptors in the brain – when you eat a decadent meal, your neocortex lights up with fireworks just as it does when you're having an orgasm.

On the following pages you'll find your menu of libido-boosting foods to prepare your body and brain for the bedroom. Building more of these super sex foods into your daily diet is one of the easiest (and tastiest) ways to improve your health for optimal sex.

Stock your love pantry with:

Asparagus

Avocado

Bananas

Beans and legumes

Berries

Celery

Cheese

Chilli

Coffee

Dark chocolate

Eggs

Fatty fish

Figs

Flaxseeds

Garlic

Honey

Milk and yoghurt

Oats and other whole grains

Oysters and other shellfish

Peaches

Pomegranate juice

Red wine and meat

Seeds and nuts

Spinach and other greens

Sweet potatoes

Unsweetened tea

Early Riser

Get off, erm, to a good start, with these libido-boosting brekkies



Eggs will keep your heart healthy as well the as epithelial tissues that line the vagina and uterus.

Shake that shakshouka

1 tbsp extra-virgin olive oil
1 large onion, chopped
2 tbsp tomato paste
2 tsp ground cumin
1 clove garlic, crushed
1 tsp paprika
¼ tsp cayenne pepper
4 Peppadews, chopped
1 can chopped tomatoes (including juice)
8 large eggs
¼ cup coriander leaves, chopped, for garnishing
¼ cup parsley leaves, chopped, for garnishing

1/ Preheat the oven to 200°C.

2/ In a large ovenproof pan, heat the oil on medium-high. Add the onion and cook until softened (five to eight minutes).

3/ Add the tomato paste and cook until it darkens slightly (about two minutes). Stir in the cumin, garlic, paprika and cayenne pepper and cook for about 30 seconds. Add the Peppadews and tomatoes with juice. Simmer (about two minutes), then add salt and pepper to taste.

4/ Using the back of a spoon, make eight indentations in the tomato sauce and crack one egg into each. Transfer the pan to the oven and bake until the egg whites are set but the yolks are still soft (about five minutes, or seven minutes if you want the yolks to set). Sprinkle with coriander and parsley.

SERVES 4. *Per serving: 1 045kJ, 13g fat (3.5g sat), 17g carbs, 630mg sodium, 4g fibre, 15g protein*

Rough & raw muesli

150g rolled oats
50g sultanas
50g raw almonds, roughly chopped
250ml apple juice
1 apple, sliced or grated
4 tbsp Greek-style yoghurt (or milk)

1/ Tip the oats into a bowl, stir through the sultanas and almonds, pour over the apple juice and stir again, then set aside for two hours or refrigerate overnight.

2/ Serve topped with grated or sliced apple and yoghurt or milk.

SERVES 4. *Per serving: 1 380kJ, 10g fat (1.5g sat), 15mg sodium, 52g carbs, 8g fibre, 22g sugars, 10g protein*



Eating oats boosts testosterone and improves blood flow to all the right regions.

Provocative pecan-and-oat bars

160g rolled oats
50g pecans, halved
80g cranberries
40g pumpkin seeds
4 tsp flaxseeds
40ml canola oil
80ml honey
⅓ cup brown sugar
½ tsp sea salt flakes

1/ Line a 26cmx18cmx4cm baking dish with baking paper and preheat the oven to 200°C.

2/ Mix the oats and pecans and spread out on a baking sheet. Bake for 10 minutes, stirring, until golden – watch carefully as the mixture could burn.

3/ Reduce heat to 160°C. Add the cranberries, pumpkin seeds and flaxseeds to a bowl and tip in the toasted oats and nuts.

4/ Add the oil, honey, sugar and salt to a small heavy-bottomed pot and bring to a boil, stirring to dissolve the sugar. Cook for one minute, stirring regularly.

5/ Working quickly, tip the honey mixture into the bowl with the rest of the ingredients and mix well using a fork.

6/ Tip into the baking dish, spread out evenly and smooth the top. Bake for 15 to 20 minutes or until golden brown.

7/ Remove from oven and cool on a wire rack. Remove the baking paper (still holding the cooked mixture) and place on a board. Cut into bars. Store in an airtight container.

MAKES 10 BARS. *Per bar: 920kJ, 11g fat (1g sat), 120mg sodium, 27g carbs, 3g fibre, 15g sugars, 5g protein*



These bars will provide you with enough energy to keep you going... and going.

Little Nibbles

Satisfying sides and salacious snacks

Gagging-for-it garlic

½ cup breadcrumbs
40g melted butter
2 spring onions
1 clove garlic, crushed
12 oysters
Salt and pepper

1/ Preheat grill to high.

2/ Combine breadcrumbs, butter, onions and garlic. Spoon over oysters and grill for three minutes until golden. Season and serve.

SERVES 2. *Per 364g serving: 2 090kJ, 25g fat (12g sat), 36g carbs, 520mg sodium, 2g fibre, 32g protein*

Au naturel

12 oysters
Salt and pepper
Lemon wedges

1/ Arrange oysters on a serving platter.

2/ Season and serve with wedges on the side.

SERVES 2. *Per 387g serving: 1 128kJ, 7g fat (1.5g sat), 23g carbs, 320mg sodium, 2g fibre, 29g protein*

Spice things up

12 oysters
½ cup sour cream
Zest of 1 lime
2 tbsp lime juice
1 tbsp Tabasco

1/ Arrange oysters on a serving platter.

2/ Combine sour cream, zest, juice and Tabasco, spoon a little onto each oyster and serve.

SERVES 2. *Per 387g serving: 1 379kJ, 14g fat (6g sat), 21g carbs, 410mg sodium, 0g fibre, 31g protein*



Besides their resemblance to your hoo-ha, oysters contain large amounts of zinc, which increases libido and keeps his swimmers healthy.

Pop that chilli popper

6 fresh jalapeños
30g feta
30g goat's cheese
Metal skewers

1/ Slice the tops off the jalapeños and, using a small knife, cut out the membranes and scrape out the seeds.

2/ Fill each jalapeño with five grams feta and five grams goat's cheese – feel free to add more if they're fat (they should be filled, but not overflowing).

3/ Thread the stuffed jalapeños onto skewers top-to-tail, so they're tightly wedged together.

4/ Place them under a preheated grill and cook until charred and the cheese has melted. Serve immediately.

MAKES 6. *Per 24g serving: 146kJ, 2.5g fat (2g sat), 1g carbs, 80mg sodium, 0g fibre, 2g protein*

Capsaicin, found in all varieties of chillies, triggers the release of endorphins and stimulates nerve endings.

Sweet-on-you potatoes

3 tbsp maple syrup
2 tbsp canola oil
1 tbsp cider vinegar
2 pickled jalapeños
2 tbsp chilli sauce
1 tsp salt
1.4kg orange sweet potatoes, cut into 2cm cubes

1/ Preheat oven to 230°C.

2/ Purée maple syrup, oil, vinegar, jalapeños, chilli sauce and salt in a food processor or blender until smooth. Toss with sweet potatoes and spread on two baking sheets.

3/ Roast, stirring once, until tender (30 to 35 minutes).

SERVES 8. *Per serving: 836kJ, 3.5g fat (0g sat), 40g carbs, 400mg sodium, 5g fibre, 3g protein*



Keep your skin in great condition by munching beta-carotene-rich sweet potatoes – they help prevent UV damage.



Bootylicious Banting mayo

1 egg
2 egg yolks
1 tbsp Dijon mustard
Juice of 1 lemon
½ cup coconut oil
½ cup extra-virgin olive oil
1 tbsp double-cream yoghurt
Salt and pepper

1/ Combine the eggs, mustard and lemon juice in a food processor.

2/ Melt the coconut oil in a pot until it turns to liquid. Avoid heating it too much or it will cause the eggs to curdle.

3/ Set the food processor to a high speed and slowly pour the coconut and olive oil into the egg mixture.

4/ Once the mayo has emulsified, add the yoghurt and season to taste.

MAKES 400ML. *Per 382g serving: 8 862kJ, 236g fat (116g sat), 450mg sodium, 8g carbs, 0g fibre, 2g sugars, 13g protein*

Mind-blowing Mains

It's time for the main event... devour these dishes



A potent source of magnesium, spinach will dilate blood vessels and create better blood flow to your genitals, resulting in greater arousal.

I love you baby spinach salad

80g baby spinach leaves, washed
¼ red onion, sliced into slivers
50g Medjool dates, pitted and cut into thin slices
Pinch of salt
2 tsp white-wine vinegar
75g pomegranate arils

For the roasted nuts:
30g raw almonds
¼ tsp salt
¼ tsp chilli flakes

For the dressing:
1 tbsp extra-virgin olive oil
2 tsp fresh lemon juice
2 tsp pomegranate juice (or more lemon juice)

1/ Place the baby spinach in a bowl.

2/ In a separate bowl, toss the onion and dates with the vinegar and a pinch of salt. Set aside for 20 minutes while you prepare the nuts.

3/ Dissolve the salt in a teaspoon of hot water, add the almonds and chilli flakes and toss well. Roast at 190°C for 15 to 20 minutes, moving around every five minutes to make sure they don't burn. They should be brown through the middle. Roughly chop.

4/ Mix the dressing and pour over the baby spinach leaves. Add the almonds and date-and-onion mixture. Toss well, season to taste and sprinkle over the pomegranate arils.

SERVES 4 AS A SIDE DISH.
Per serving: 540kJ, 7g fat (1g sat), 13g carbs, 160mg sodium, 2g fibre, 2g protein

Cop a feel lettuce cups

2 tbsp lime juice
1 tbsp canola oil
½ tsp smoked paprika
Salt and pepper
Three peaches, thinly sliced
½ cup finely sliced red onion
1 tbsp minced jalapeño
2 cups cooked, shredded chicken
8 butter-lettuce leaves
Fresh coriander

1/ Combine first four ingredients in a bowl. Add peaches, onion, jalapeño and chicken. Toss to coat.

2/ Divide mixture among eight lettuce cups. Garnish with coriander and serve.

SERVES 8. *Per serving: 418kJ, 3g fat (0.5g sat), 7g carbs, 75mg sodium, 1g fibre, 12g protein*

Peaches contain high amounts of vitamin C – shown to improve libido in women and improve sperm count in men. As Nicholas Cage says in Face Off, *"I can eat a peach for hours." *wink**

Lascivious lamb shanks



25g red-chilli powder
10g ground turmeric
Salt to taste
4 lamb shanks
1kg onion, sliced
2 tbsp canola oil
100g cashew nuts
15g ginger-and-garlic paste
300g tomato, sliced
20g ground coriander
500ml vegetable stock
10g garam masala
3g saffron, crushed

Lamb is an excellent source of vitamin B12 (which helps aid weight loss and boost sex drive) and, with the addition of garlic and chillies, your libido will be rocking in no time.

1/ Mix a little red-chilli powder, turmeric and salt. Dunk the lamb shanks in the powder so they're fully coated. Leave for an hour.

2/ Meanwhile, sauté the onions in the oil. Add the cashews and ginger-and-garlic paste. Cook over a low heat for two minutes.

3/ Add the sliced tomato and coriander and the remainder of the chilli and turmeric. Simmer for 30 minutes, then blend into a purée.

4/ Sear the lamb shanks over a high heat and add the stock, turn heat down and simmer until the shanks become tender.

5/ Add garam masala and saffron to the sauce.

6/ Place lamb shanks on a warm plate, pour the sauce over and serve.

SERVES 4. *Per serving: 2 380kJ, 28g fat (9g sat), 30g carbs, 6.5g fibre, 59g protein, 2g sodium*



The high concentration of allicin in garlic helps to reduce cholesterol and improve your blood flow, especially below the belt.

Cheeky chicken *in tomato sauce*

400g ripe tomatoes, peeled
10 cloves garlic, peeled and roughly chopped
½ tsp sea salt
1 anchovy fillet
180g fine green beans
4 free-range chicken breasts
½ tsp black pepper
3 tbsp flour
2 tbsp extra-virgin olive oil
½ cup white wine
1 sprig fresh origanum
¾ cup chicken stock

1/ Roughly chop the peeled tomatoes and set aside.

2/ Crush the garlic on a board by sprinkling with sea salt, covering with the face of a knife and pulling the blade towards you. Mash the anchovy into a paste.

3/ Blanch the green beans, then top and tail and cut into two-centimetre sections.

4/ Season the chicken breasts with salt and pepper, then dust with flour, shaking off the excess.

5/ Heat the oil in a large pan over medium-high heat. Add the chicken and cook for three to four minutes per side, until golden. Set aside.

6/ Add the garlic and anchovy to the pan and cook over medium heat for one minute.

7/ Add the wine, bring to a boil and cook until almost completely reduced.

8/ Add the tomatoes, origanum and stock and simmer for 10 minutes or until it thickens into a sauce.

9/ Add the chicken breasts and beans and cook for one minute to heat through. Serve.

SERVES 4. *Per 324g serving: 1 839kJ, 11g fat (1.5g sat), 690mg sodium, 42g carbs, 9g fibre, 6g sugars, 40g protein*

Asian persuasion salmon

¼ cup canola oil
4 x 200g skinless salmon fillets
2 cloves garlic, sliced
3 cups cucumber, seeded and julienned
⅓ cup basil, chopped

For the ginger-lime dressing:
1 tsp finely chopped garlic
3 Thai chillies or 1 serrano chilli, chopped
3 tbsp sugar
3 tbsp finely grated ginger
3 tbsp fish sauce
3 tbsp lime juice
3 tbsp water
3 tbsp chopped roasted peanuts

1/ Combine all dressing ingredients, except for peanuts, in bowl and stir well. Set aside for 30 minutes to allow flavours to develop.

2/ Heat half the oil in a large nonstick frying pan over medium heat. Cook two salmon fillets until golden (about three to four minutes per side). Two minutes before the salmon is ready, add half the garlic slices to the oil. (If the fillets are thick, cover and cook a few minutes longer.) Remove salmon and garlic and drain on paper towels.

3/ Repeat with the remaining oil, salmon and garlic.

4/ Soak cucumber in cold water, then drain and toss with basil.

5/ Place a small amount of the cucumber mixture on each plate. Arrange the salmon fillet on top, garnish with more of the cucumber mixture and sprinkle a few pieces of the cooked garlic on top. Drizzle with two tablespoons of dressing, sprinkle with peanuts and serve.

SERVES 4. *Per 302g serving: 1 839kJ, 26g fat (3g sat), 1 130mg sodium, 14g carbs, 1g fibre, 11g sugars, 38g protein*


What's good for your heart is good for your love life – so eat fatty fish like salmon at least once a week. It raises dopamine levels, which can trigger arousal.



Eating red meat can help curb prolactin, which can cause sexual dysfunction. Combined with avo oil, which boosts healthy sperm production, you've got a libido-boosting meal.

Touchy-feely flank

6 tbsp avocado oil, divided
¼ cup low-sodium soy sauce
3 tbsp lime juice, divided
570g flank steak
1 cup parsley
¼ cup coriander
2 cloves garlic
1 jalapeño, smoked and marinated in a dash each of soy sauce, vinegar and tomato sauce
1 tsp lime zest

1/ In a shallow dish, whisk together three tablespoons avocado oil, the soy sauce and two tablespoons lime juice. Add steak, cover and refrigerate for at least two hours, flipping the steak over midway through.

2/ In a food processor, combine parsley, coriander, garlic, the jalapeño, lime zest, two tablespoons avocado oil and one tablespoon lime juice. Process until well combined.

3/ Heat the remaining tablespoon avocado oil in a griddle pan over medium-high heat. Cook the steak, turning once, until the internal temperature reaches 65°C (about eight to 10 minutes) for medium rare.

4/ Rest steak for 10 minutes before slicing. Serve with sauce.

SERVES 4. *Per serving: 1 295kJ, 18g fat (14.5g sat), 3g carbs, 270mg sodium, 1g fibre, 32g protein*

A climactic

Decadent desserts and (not so) forbidden fruit

Play-it-right pavlova

4 large egg whites (at room temperature)
⅛ tsp salt
¼ tsp cream of tartar
1 cup castor sugar, plus more for garnishing the berries, if desired
2 cups fresh mixed blackberries, raspberries and quartered strawberries
Whipped cream (optional, for garnish)

1/ Preheat oven to 120°C. Line a rimmed baking sheet with baking paper or a silicone baking mat.

2/ In the bowl of a stand mixer fitted with the whisk attachment, beat the egg whites, salt and cream of tartar until firm (about one minute). With the mixer on medium-high, stream in the sugar and continue whisking until stiff peaks form (about two minutes).

3/ Spread the meringue in an 18cm circle on the lined baking sheet, forming edges slightly higher than the centre to create an indentation. Bake for one hour and 15 minutes, until set and dry on the outside. Turn the oven off, and allow the pavlova to cool in the oven. Keep the door slightly ajar.

4/ When the pavlova is completely cool, fill the indentation with berries, dusting with sugar and topping with whipped cream, if desired.

SERVES 6. *Per serving (without whipped cream): 670kJ, 1g fat (0g sat), 37g carbs, 85mg sodium, 2g fibre, 3g protein*

finish



Berries improve circulation for a natural Viagra-like effect, plus they contain loads of vitamin C.



Date-night cake

½ cup freshly brewed coffee
1½ cups pitted dates, finely chopped
4 eggs, separated
Pinch of salt
¾ cup castor sugar
1½ cups walnuts, finely chopped
⅔ cup ground almonds
Icing sugar (for dusting, optional)
Cocoa powder (for dusting, optional)

1/ Cover the dates with the hot coffee and leave to soak for 30 minutes.

2/ Preheat the oven to 180°C. Butter and flour a 23cm loose-bottomed cake tin and line the base with baking paper.

3/ Beat the egg whites with the salt until soft peaks form. While beating, gradually add two-thirds of the sugar in a steady stream and beat until the whites create stiff, glossy peaks.

4/ Whisk together the egg yolks and the remaining sugar. Mix through the dates and nuts until thoroughly combined.

5/ Add a spoonful of egg whites to the date mixture and stir to loosen. Add the remaining whites to the date mixture and fold through carefully, but thoroughly.

6/ Pour into the cake tin and bake for 35 minutes or until a skewer comes out clean. Cool on a wire rack and dust with icing sugar and cocoa powder (as shown, optional).

SERVES 12. *Per 75g serving: 1 714kJ, 31g fat (3g sat), 120mg sodium, 32g carbs, 5g fibre, 24g sugars, 10g protein*

Coffee has been said to increase sex drive in women and helps the brain release dopamine, a neurochemical that stimulates areas of the brain responsible for alertness and pleasure.

Bend-me-over brownies

1¼ cups flour
½ tsp baking soda
2 tbsp cocoa powder
½ tsp cinnamon
¾ tsp chilli powder
85g dark, unsweetend chocolate blocks
½ cup canola oil
½ cup brewed coffee, cooled
2 eggs, beaten
1 tsp vanilla extract
¼ cup dark-chocolate chips

1/ Preheat oven to 180°C. Spray a 20cm square baking pan with cooking spray.

2/ In a large bowl, whisk together the first five ingredients and set aside.

3/ Melt chocolate blocks in the microwave, stirring regularly to avoid burning. Cool for about five minutes, then whisk in oil, coffee, eggs and vanilla extract. Stir in dry ingredients until well combined, then add chips.

4/ Pour batter into a prepared pan and bake for 20 to 25 minutes, until a wooden toothpick inserted into the centre comes out clean.

MAKES 16. *Per serving (one brownie): 627kJ, 11g fat (3g sat), 11g carbs, 55mg sodium, 2g fibre, 3g protein*



Chocolate contains phenylethylamine, which releases the same endorphins triggered by sex and increases the feeling of attraction. Brownie, anyone?



Sultry

strawberry sorbet

500g strawberries, washed and hulled, plus extra for serving
1 egg white
1 cup white granulated sugar

1/ Blend strawberries in a food processor.

2/ Combine the egg white, sugar and strawberries in a large bowl and beat constantly for 10 minutes.

3/ Transfer to a freezer-proof dish and freeze overnight or for at least four hours.

MAKES ONE LARGE TUB.
Per 140g serving: 961kJ, 0g fat, 15mg sodium, 57g carbs, 2g fibre, 54g sugars, 1g protein

Strawberries are high in the B vitamin folate, which can help prevent birth defects.

Thirst Quen

Swallow these for an instant pick-me-up

Kiss-me-quick cranberry soda



1½ cups 100-percent unsweetened cranberry juice
½ cup pomegranate juice concentrate
½ cup red or green grapes
3 tbsp maple syrup
Sparkling water

1/ Put cranberry juice, pomegranate juice concentrate, grapes and maple syrup in a medium-size saucepan. Cover and bring to a gentle boil over medium-high heat, then reduce heat to low and simmer uncovered for 10 minutes, muddling the grapes with a wooden spoon to break them up.

Remove from heat and set mixture aside for 15 minutes.

2/ Pour the mixture through a strainer lined with filter paper and squeeze to extract as much liquid as possible.

3/ Chill in a sealed glass jar in the fridge. Syrup will stay fresh for up to three days.

4/ To serve, pour a quarter cup syrup into a tall glass, top with sparkling water and stir.

SERVES 6. *Per serving: 502kJ, 0g fat, 31g carbs, 0mg sodium, 0g fibre, 0g protein*

nchers





The morning-after punch

1½ cups leafy greens (kale or spinach)
1 rib celery
12cm length of cucumber
2 tbsp flaxseed oil
1 scoop protein powder
1 cup coconut water
1 cup chopped pawpaw and pineapple (or any fruit of your choice)

1/ Blend all the ingredients and serve immediately.

SERVES 1. *Per serving: 1 588kJ, 18g fat (2g sat), 45g carbs, 390mg sodium, 10g fibre, 16g protein*

Flaxseeds contain high amounts of omega-3 and omega-6 fatty acids, which are the major building blocks of sex hormones.

Recipe excerpted from: *The Women's Health Big Book of Yoga* (R157, Fitshop.co.za)

Your Best Positions

Put a smile on your face – and his!

Best for **G-spot stimulation**



The Hot Seat

Best for **Intimacy**



The Lazy Man

Best for **Deep penetration**



The G-Whiz

Best for **Keeping his weight off your body**



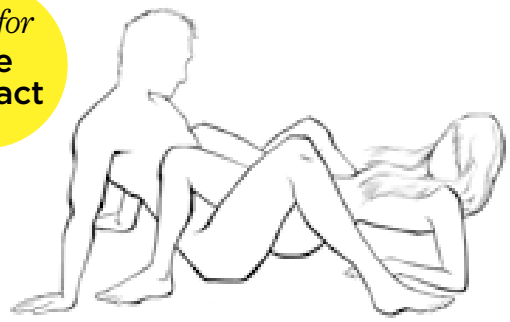
Mountain Climber

Best for **Dual stimulation**



Pole Position

Best for **Eye contact**



The Spider

BYRON GRAY (ILLUSTRATIONS)

Best for
Quickies



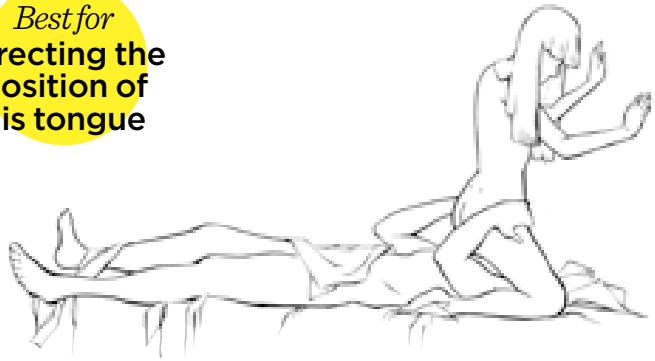
The Ballet Dancer

Best for
Getting you in the mood



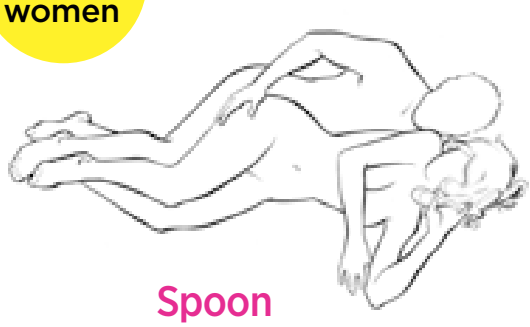
Heir To The Throne

Best for
Directing the position of his tongue



Hovering Butterfly

Best for
Pregnant women



Spoon

Best for
A strong, upward-stroking motion



David Copperfield

Best for
Simultaneous oral pleasure



Cowgirl 69

For details on these sexy moves, see *The Women's Health Big Book of Sex* (R200, Fitshop.co.za)

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